# $\frac{x}{x}$ <br> RANCH RECORD <br> Official Newsletter for the Steiner Ranch HOA 





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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



## 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.

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Ambulance.................................................................... 911
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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

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Steiner Ranch Elementary ...................................512-570-5700
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 communications@steinerranchhoa.org. The deadline is the 8th of the month prior to the issue.

## 00000000000000 COVER PHOTO

Do what makes your heart happy- happy heart month, and happy Valentine's Day!

Have a photo you would like to see published? We are always looking for pictures that capture Steiner Ranch and the folks who live here. So grab your camera, get creative, and send your pictures our way! Who know, your picture may be featured on next month's cover.

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



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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.
All Events are tentative and subject to change or cancel. For the most up to date information, follow us at: Facebook.com/ SteinerRanchHOAevents or visit the Steiner Ranch HOA website at www.steinerranchhoa.org

## FEBRUARY

## 2/7 Snow Day!

2/13 Parents Night Out

## MARCH

3/6 Run the Ranch 5K \& Kids K
3/12 Camping on the Ranch
3/26 Easter Egg Hunt
APRIL
4/7 New Homeowner Social
4/8 Spring Scrap-A-Thon
4/9 Spring Community Garage Sale

## MAY

5/7 Mother's Day - Mommy \& Me Tea Time
5/21 Shred Day
5/28 Movie in the Park

## JUNE

6/25 Father's Day: A Day With My Hero

## JULY

7/3 Decorate Your Ride
7/4 July 4th Celebration

## AUGUST

8/13 Concert In The Park
8/20 Movie in the Park

## SEPTEMBER

9/17 Father Daughter Dance
9/17 Community Garage Sale

## OCTOBER

10/6 New Homeowners Social
10/7 Fall Scrap A Thon
10/23 Pumpkin Patch
10/30 Trunk or Treat

## NOVEMBER

11/6 Holiday Sale event
11/12 Camping on the Ranch

## DECEMBER

12/8 Volunteer Party
12/10 Breakfast With Santa

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## RAREH REPORT

The Steiner Ranch Master Association Board Of Directors election is fast approaching. The election is going to be the most difficult, and most complex one to take place in Steiner Ranch since its inception some 20 plus years ago.
The size of the neighborhood and the diversity of its residents require the election of 7 Board members. Five of the members will come from newly formed "districts", comprised of neighborhoods within the Steiner Ranch Master Association, that are similar in size and location. The other 2 members will be comprised of SRMA residents who run to fill "at large" seats on the Board.
For example: Voting district 4 is comprised of Lakewood Hills, Las Brisas, Rio Mesa, Summer Vista, Savannah Point, and Savannah. Each of the 5 districts will need to nominate at least one candidate to run for the Board. Only homeowners who live in the district can vote for the candidate in that district. Terms for Board members are 1 to 2 years, depending on which seat the member is elected to serve.
There will also be 2 "at large" Board seats, which will be voted in. These 2 seats will be included on all district ballots. The at large candidates can be homeowners of any of the SRMA neighborhoods, and any homeowner in a district can vote for the at large candidates. As an example, if you live in district \#1 and the at large candidate that you want to vote for lives in District \#5, you may vote for that candidate.
You may be wondering, "Why would anyone want to be on the Board Of Directors?" Or say, "I'm too busy with work or volunteering at my child's school to volunteer." Being on the Homeowners' Board of Directors is an important service to your community, that all residents should consider, because it is the function of the Board to govern the affairs of Steiner Ranch.
The Merriam Webster dictionary defines governance as: "The lawful control over the affairs of a political unit." The SRMA Board will be $100 \%$ resident run - this is the time when residents of Steiner Ranch will have to step up to govern the community. If you don't, who will?
The Association is hosting an event this month to meet with potential candidates and give homeowners information about serving on the Board and the election process. Please visit the Steiner Ranch HOA website or Steiner Ranch HOA Events Facebook page for the specific meeting date, place and time.
In closing, Gillian Anderson once said, "Be of service. Whether you make yourself available to a friend or co-worker, or you make time every month to do volunteer work, there is nothing that harvests more of a feeling of empowerment than being of service to someone in need." Steiner Ranch needs homeowners to volunteer to govern and lead the community. Please consider running for a seat on the SRMA Board.
Randy Schmaltz,

## Executive Director

Steiner Ranch Home Owners' Association

## SRMA All Resident Run Board Election We Need You

The Steiner Ranch Master Association annual meeting and election will be held on April 19, 2016. We need candidates! Being a member of the Board empowers homeowners to govern and make decisions relating to all things Steiner Ranch. Think budgets, pools, facilities, trash and recycling contracts, community safety, neighborhood improvements, to name a few. As Randy Schmaltz, the Executive Director of the Association writes in this month's Ranch Report, the upcoming SRMA election will be more complex than in years past. Here's how the election will work: The SRMA will be divided into 5 voting districts (see below), in which a homeowner from each district will be voted onto the Board to represent their district. In addition, there will be 2 "at large" positions which will be filled. Members running for at large positions may reside in any of the voting districts and residents from any district may vote for anyone running for at large seats. The Board will be an all homeowner run Board, with 7 members.
This is an exciting and evolving time for Steiner Ranch; a time in which residents, not a developer, will lead the community. If you wish to be involved in how the community is governed, there is no better time to get involved than now. For more information, contact Randy Schmaltz at randy@steinerranchhoa.org. The HOA will be hosting an event to meet with and provide potential candidates
information about Board duties and the election processes. Visit the HOA Facebook page (SteinerRanchHOAevents) or www. steinerranchhoa.org for event details.
SRMA Voting Districts

## District 1

UT Golf Community, The Fairways, Casitas, Beverly Ridge, Lakeview, The View

## District 2

Bellagio Estates, The Headlands, Estates of Westridge, Majestic Oaks, Longhorn Canyon, Hills of Westridge

## District 3

Canyon Glen, Parkside, River Heights Overlook, Towne Hollow, Shire Ridge, River Heights Grove

## District 4

Lakewood Hills, Las Brisas, Rio Mesa, Summer Vista, Savannah Point, Savannah

## District 5

The Bluffs, The Grove, Santaluz, Sierra Vista, Monterey, Belcara, Palisades, Emerald Ridge, Mediterra, Tierra Grande


## From the Association Office

## Steiner Ranch HOA Communication

## Facebook:

Stay in the know about community events by "liking" the official Steiner Ranch HOA Events Facebook page- the only Facebook page affiliated with the HOA. The page is an excellent resource for the most up to date HOA events, programs, and activities. Visit www. Facebook.com/SteinerRanchHOAevents and like us today.

## Email Alerts:

Receive HOA activity and safety alerts, and stay informed about what's going on in Steiner Ranch. You must register to receive alerts. To do so, visit the HOA website www.steinerranchhoa.org and click on login. If you've never requested a login before, then now is the time to do so. Once logged in, follow these steps:

1. Click on the menu item "My Profile".
2. Then click "Subscriptions".
3. Check off the email alerts you'd like to receive. It's that simple!

While you are in "my profile", go to "user profile" and update your information.

## Website:

The website enables residents to view facility availability, report a problem, obtain homeowner documents, rules and regulations and the latest budgets. Events and the most current program guide are also posted on the website.

## Ranch Record:

The community newsletter is mailed to homeowners' monthly. If you are not receiving the newsletter and would like to, visit peelinc.com and follow the prompts to sign up for delivery via mail or email.


Run It. Walk It. ROCK IT!
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Ausiin 10/20 - April 3, 2016 Sign up at www.Ausiin1020.com


## SPRING FIELD LOTTERY

Need a place to practice? Mark your calendar for the 2016 Spring Field Lottery to be held on February 10th.
Register your team ${ }^{* * *}$ by:

1. Sending an email to desirre@steinerranchhoa.org. Registration must be in by $5: 00 \mathrm{pm}$ on Wednesday, February 10th, with the following information:
a. Coaches name
b. Address
c. Phone number
d. Organization (CC United, Town \& Country, etc.)
e. Sport (soccer, baseball, etc.)
f. Age group
g. $\quad 1$ st, 2 nd $\& 3$ rd choice of field, day $\&$ time. (See below)
2. If you are coaching more than one team, please list each team separately.
3. By Monday, February 15th, you will receive an email with field assignment information. Change requests will not be accepted. Time and/or field changes may be requested during the Fall lottery.

Fields:
Towne Square
Bella Mar Baseball Side
Bella Mar Tennis Court Side
Westridge Fields (off of Flat Top Ranch Road)
John Simpson Park
Times:
Hourly beginning at $4: 00 \mathrm{pm}$ until Sunset
(Daylight Savings Time begins March 10th)
Days:
Monday - Friday only
For more information, please contact Desirre Ghebremicael at desirre@steinerranchhoa.org.
${ }^{* * *}$ Please Note ${ }^{* * *}$
If you are with Neighborhood Sports (soccer or flag football), you do not need to register your team for the lottery. Representatives will be attending the lottery on your behalf.


## From the Association Office

## OPEN CARRY LAW

As of January 1, 2016, Texas joined the many other states which have Open Carry Laws in effect. As the law relates to the Homeowners' Association: Pursuant to section 30.07, Penal Code (trespass by license holder with an openly carried handgun), a person licensed under subchapter $H$, chapter 411, Government Code (Handgun Licensing Law), may not enter Association facilities/property with a handgun that is carried openly. Signage is currently posted at Steiner Ranch facilities. Signs are being posted at community fields and parks. Roads and sidewalks are county property; therefore the HOA cannot restrict the Open Carry Law in such areas. Should you have questions, please contact the Association office.


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## Around Steiner



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

## Sunday, February 7, 2016 <br> From 2pm - 5pm At John Simpson Park

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

Come enjoy our winter wonderland, by Mireles Party Ice and TexasSnowParty.com.
Visit the Steiner Ranch HOA Events facebook page and HOA website: www.steinerranchhoa.org for more details.



Ready for a Valentine's Day date, sans kiddos? Kidventure had teamed up with the Steiner Ranch HOA to offer a fun evening for your kiddos, right her in the neighborhood! The evening will include pizza, sports \& games, movie, music, contests and giveaways. Register today as spaces are limited, and plan your date today!

When: February 13th, 6pm-12am Where: Towne Square, 12550 Country Trails Lane, Austin , TX Cost \& Registration Information: http:// kidventure.com/steiner-pno



## FREE CLASSES!

The following organizations offer weekly classes at no cost to residents:

## 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 $8: 30 \mathrm{pm}$
Run Lab
Coach-led run. Meets at John Simpson Park Friday mornings at 9:30am


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## Around Steiner

## Winter/Spring Programs

There's still time to sign up for winter/spring programs! Visit the HOA website (www.steinerranchhoa.org), Facebook page, or stop by the office for program details. Below is a list of offered programs:

Children \& Teen Programs

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


## League Programs

- Neighborhood Sports
- Flag Football
- Soccer
- 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



## STEINER STARS SUMMER SWIM PROGRAMS

With the cold weather, you probably are not thinking of summer or your summer plans. No worries! The Steiner Stars organization is preparing for its 2016 summer swim activities.

## Steiner Stars Summer League Swim Teams

Last year, 500 swimmers swam on our recreational competitive swim teams. Two recreational competitive summer league teams for swimmers ages 5 through 17 years exist in Steiner Ranch. The season runs from May through mid-July. Swim meets are held on Saturday mornings. Swimmers with qualifying times have the option to swim at an Invitational meet at the end of the season. Don't forget to join the Stars at our annual Stars Wars swim meet between Stars Blue and Stars Red. If you are interested in joining a team this summer, please go to the Steiner Stars website for information about the upcoming season and registration.

Residents must be in good standing with the HOA in order to register and agree to volunteer requirements to participate in the league. Space in each age group is limited. Swimmers must be 5 years or older by May 1, 2016, to participate. Returning Family Registration will be online sometime in March, exact dates will be listed on the website in February. New Family Registration information will be posted on our website:www. steinerstars.org.


## YeAR ROUNO swiming 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.
- $\$ 55$ 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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## YOUNG © HEART <br> 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.


## Around Steiner

## 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 $18-20 \mathrm{mph}$ and the intermediate group will average between $15-17 \mathrm{mph}$. 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.steinerranchcycling.com, on our Facebook page http:// facebook.com/SteinerRanchCycling, and to our email list (sign up on our website).

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.

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 $16-17 \mathrm{mph}$ and should be perfect for those looking for an easier and more relaxed alternative to our Saturday rides. 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 $16-17 \mathrm{mph}$ average pace for the whole ride.

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

## GUIDE TO BUYING YOUR FIRST BICYCLE

## 7 STEPS TO GETTING YOU IN THE SADDLE

While buying a bike is not on the same level of commitment as, say, buying a house or getting married, it is still a decision that warrants thought. This is especially true if you are considering buying a bike for the first time.

1. What is your GOAL? The most important question to ask yourself before you get started is why do you want a bicycle? Do you want a bike to improve your health and fitness, to join some social rides, start commuting to work on your bike, ride with your family, get on the trails, spend more time with your partner, train for a triathlon, get into road cycling, or for some other reason.


This is an important question because there are bicycles built for almost every purpose, and your selection should really depend on what you anticipate your main type of riding to be. There are basically four main styles of bikes to choose from, Road Bikes, Mountain Bikes, Cross Bikes, and Cruisers.

Road Bikes are designed for riding on paved streets and going fast. Featuring skinny tires, a lightweight frame and a riding position that puts you bent over the handlebars, you might choose this type of bike if traveling longer distances at higher speeds is important to you.

Mountain Bikes have exploded in popularity over the past twenty years. These bikes have wide tires, usually with knobby treads and a stout frame, and are designed to handle the rugged trails without disintegrating. Many time sales people like to sell these bikes because there are less expensive than road bikes but be warned if you plan on doing any riding with others on a road bike it will be much harder to keep up but that being said they are a lot of fun on the trails around Steiner Ranch.

Cross Bikes are compromise between road and mountain bikes and offer the best features of both if most of your riding will be shorter trips on pavement. With skinnier, smooth tires, they typically can go faster than mountain bikes, yet feature the upright seat and handlebar position that many people favor.

Hybrids are a good choice for most city riding, and offer speed, durability and comfort.

Cruisers are bikes that have wide tires, wide seats, upright handlebars and sometimes even just a single gear. These are the bikes that you'll often see at the beach. More simple mechanically, they are easy to maintain but work best with flat terrain and a rider whose main interest is more about being comfortable than with going fast.
2. What are you willing to SPEND? A used bike can be as low as a few hundred dollars and it can go up to as high as a few thousand dollars for a nice bike. While bicycles are not cheap they can pay off with large dividends in calories burned, fun factor, carbon credits and hard dollars saved on fuel if you bike to drop your kids off at school, or bike to the store or work.
(Continued on Page 20)
3. Ask your FRIENDS Ask your cyclist friends what they like and don't like about their current bikes; you can judge by their riding style whether you should have the same concerns. If you don't know many cyclists, e-mail Steiner Ranch Cycling club and we'll provide your our thoughts.
4. Research bikes ONLINE and in MAGAZINES Hit the websites of your chosen brands, which tend to be organized so that it's easy to find the bikes that match your intended riding style. Study frame materials, components (wheels, derailleurs and cranks in particular--you can spot them right away on the bikes at the shop) and price, if it's listed. A model line will often have the same frame, with more expensive wheels and parts as the bike prices go up. Frames last longer than components, so we generally recommend investing in a higher-quality frame worthy of parts upgrades later, if need be.
5. Walk the Sales Floor of a Local Bike Shop and check out the bikes that you have researched and find a knowledgeable Sales Person that is willing to spend some time with you. Try not to go on a weekend because they are usually busy and may get less time than during a weekday. Compare price, models and components with what you found online.
6. Get Fitted A quick test spin around the block won't be enough to completely judge the bike's performance, but you'll be able to find any glaring fit problems. Be sure the saddle is set so that you have a slight bend to your knee at the bottom of the pedal stroke. Ask yourself these key questions: Does my upper body feel cramped, or too stretched out, when I'm on flat road? Does the bike feel unstable or twitchy when I turn? Is the reach to the brake levers comfortable? Is it awkward to go from sitting to standing on a hill? Many bike shops will do a free fitting or will do one for a small fee. You can take the measurements and keep them as you do your research.
7. Negotiate your price A good rule to follow when it comes to price negotiations: Be reasonable. A bike shop is a tough business--people work there because they love bikes, not because they want to get rich. If you're buying a relatively inexpensive bike (less than $\$ 800$, where profit margins are razor-thin) or an in-demand, new-model-year bike, you might be able to finagle a longer free-service contract, but don't expect a price cut. However, if you're buying a more expensive bike, more than one bike, a model left over from last year, or a package including a helmet, tools, shoes, pedals, shorts and more, there's no harm in asking for a small discount. The worst you'll hear is no, but you may hear yes.

Have fun buying your bicycle and while you're out there shopping for bicycles don't discount the Tandem. They are a lot of fun for couples that want to ride together or parents that want to ride with their daughter or son. Make 2016 the year you get in shape, get healthier, have more fun than you thought was possible exercising and meet some really nice people.

## The Soul Cyclist

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

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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:

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


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entrance fee requirements.

## FABRUARY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 8:00am - Tai Chi (TSCC ) <br> 1:00pm-2:00pm -- Writing Group (TSCC) | $\begin{gathered} \text { Groundhog Day } 2 \\ \text { 8:00am - Tai Chi (TSCC ) } \\ \text { 6:30pm -- Trails CMTE Mtg } \\ \text { (BMCC) } \\ \text { 8:30pm -- Akido (BMCC) } \end{gathered}$ | ```None \\ 8:00am - Tai Chi (TSCC) \\ 5:30pm - Facilities CMTE Mtg (TSCC) ``` | $\underset{\substack{\text { 8:00am - Tai Chi } \\(\text { TSCC ) }}}{4}$ | 8:00am - Tai Chi (TSCC ) <br> 9:30am - Run Lab (JS Park) | $\begin{aligned} & 6 \\ & \begin{array}{c} \text { 8:30am - SRC Ride (Cups \& } \\ \text { Cones) } \end{array} \\ & \hline \end{aligned}$ |
| 8:30am - SRCC Ride (Cups <br> \& Cones) <br> SNOW DAY! 2pm - 5pm JS Park | 8 <br> 8:00am - Tai Chi (TSCC ) <br> 6:30pm - Yoga (TSCC) | 8:00am -Tai Chi (TSCC ) <br> 9:00am - Social CMMTE Mtg (Cups \& Cones) <br> 7:00pm - SRNA Mtg (TSCC) <br> 8:30pm -Akido (BMCC) | $10$ <br> 8:OOam - Tai Chi (TSCC ) Field Lottery Deadline | 8:00am - Tai Chi (TSCC) <br> 6:00pm -- Fairways Board Mtg (TSCC) <br> 5:00pm -- Landscape CMTE Mtg (BMCC) | 8:00am - Tai Chi (TSCC ) <br> 9:30am - Run Lab (JS Park) | I 3 <br> Cones)6pm-12am -- Parent's Night <br> Out (TSCC) Registation <br> Required |
| $\begin{aligned} & \qquad 14 \\ & \text { Happy Valentinés Day } \\ & \text { 8:30am - SRC Ride } \\ & \text { (Cups \& Cones) } \end{aligned}$ | $15$ <br> President's Day 8:00am - Tai Chi (TSCC) <br> 1:00pm-2:00pm - Writing Group <br> (TSCC) <br> 6:30pm - Yoga (TSCC) | $\begin{aligned} & 16 \\ & \text { 8:00am - Tai Chi (TSCC) } \\ & \text { 8:30pm - Akido (BMCC) } \end{aligned}$ | $17$ <br> 8:OOam - Tai Chi (TSCC) <br> 6:00pm - Free Workshop: Importance of exercise to maintain heath (TSCC) |  | $19$ <br> 8:OOam - Tai Chi (TSCC) 9:3Oam - Run Lab (JS Park) | ```20 8:30am - SRC Ride (Cups & Cones)``` |
| $21$ <br> 8:3Oam-SRC Ride (Cups \& Cones) | $\begin{gathered} \substack{\text { 8:0am - Tai Chi } \\ \text { (TSCC ) }} \\ \text { 6:30pm - Yoga (TSCC) } \end{gathered}$ | $\begin{aligned} & 23 \\ & \text { 8:00am -Tai Chi (TSCC) } \\ & \text { 8:30pm - Akido (BMCC) } \\ & \text { 6:00pm - SRMA Board Mtg } \\ & \begin{array}{c} \text { (TSCC) } \end{array} \end{aligned}$ | $\begin{array}{r} 24 \\ \text { 8:00am - Tai Chi (TSCC ) } \end{array}$ | $\begin{aligned} & 25 \\ & \text { 8:00am - Tai Chi (TSCC ) } \\ & \text { 6:00pm - SRROA Board Mtg } \\ & \text { (TSCC) } \end{aligned}$ | 8:0Oam - Tai Chi (TSCC ) <br> 9:3Oam - Run Lab (JS Park) | $27$ <br> 8:30am - SRC Ride (Cups \& Cones) |
| $28$ <br> 8:30am - SRC Ride (Cups \& Cones) | 8:00am - Tai Chi (TSCC ) <br> 1:00pm-2:00pm - Writing Group (TSCC) <br> 6:30pm - Yoga (TSCC) |  |  |  |  |  |



# Marger 

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  | $\begin{gathered} \text { 8:3lam - sce Ride Clups \& } \\ \text { Comese } \end{gathered}$ |
|  |  | 8:00am -Tai Chi (TSCC) 8 <br> 9:00am - Social CMMT <br> Mtg 9am (Cups \& Cones <br> 7:00pm - SRNA Mtg <br> (TSCC) <br> 8:30pm -Akido (BMCC) |  | $\begin{aligned} & 10 \\ & \text { 8:OOam - Tai Chi (TSCC ) } \\ & \begin{array}{c} \text { 6:OOpm - Fairways Board Mtg } \\ \text { (TSCC) } \end{array} \end{aligned}$ |  |  |
|  |  |  |  |  |  | $\underset{\substack{\text { 8.3lam }- \text { sec Ride Clups \& } \\ \text { Conese }}}{19}$ |
| $20$ | 6:30pm - Free Yoga (TSCC) | $\begin{aligned} & 22 \\ & \text { 8:00am -Tai Chi (TSCC) } \\ & \text { 6:00pm - Free Dr. Rosin } \\ & \text { Workshop (TSCC) } \\ & \text { 8:30pm -Akido (BMCC) } \end{aligned}$ |  | $\begin{array}{r} 24 \\ \text { 8:00am -Tai Chi (TSCC ) } \\ \text { 6:00pm - SRR0A Board Mtg } \\ \text { (TSCC) } \end{array}$ | $\begin{gathered} 25 \\ \text { Good Friday } \\ \text { 8:00am -Tai Chi (TSCC ) } \\ \text { 9:30am - Run Lab (JS Park) } \end{gathered}$ |  |
|  |  | $\begin{gathered} 29 \\ \text { 8:00am -Tai Chi (TSCC) } \\ \text { 8:30pm -Akido (BMCC) } \\ \begin{array}{c} \text { 6:00pm - SRMA Board Mtg } \\ \text { (TSCC) } \end{array} \end{gathered}$ |  |  |  |  |

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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

## Steiner Ranch Writers Giroup

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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# Run for a Purpose holds 5th Annual event to fight lung cancer! 



Texas-based organization devoted to raising awareness and funds for lung cancer research is yet again, organizing a charity run in Lakeway on Sunday, March 6th.

Run for a Purpose, developed by Rexanna's Foundation for Fighting Lung Cancer and partnered with Lakeway's own Be Healthy Lake Travis non-profit organization, are working together to make this 5 K and KidsK event the biggest and best yet. Be Healthy Lake Travis founder, Don Canada Jr., found this event to be of particular importance to this community as Rexanna Hawkins was such an inspiration to many students of the LTISD system. His organization, also being $100 \%$ volunteer run with emphasis on total wellness, made the partnership very easy. Run for a Purpose is the only run in the metropolis whose proceeds stay in Texas, either going to scholarships or research at M.D. Anderson Cancer Center in Houston.

Being a volunteer run event, over $90 \%$ of funds raised from the race will go to lung cancer research at M.D. Anderson Cancer Center and the Rexanna's Foundation's T.E.A.M. scholarships which benefit high school students who have been personally affected by cancer. Rexanna's Foundation has raised more than $\$ 250,000$ for lung cancer research since its inception in 2006, a groundbreaking amount for a cancer that has been largely overlooked.

This race is about more than raising money. Raising awareness about the disease is a central goal of both foundations. Although lung cancer kills more people than breast, prostate and colon cancers combined, lung cancer receives scant attention or funding for research, which is why events like the Run for a Purpose are so important.
"Lung Cancer is one of the deadliest of cancers, yet even with these staggering statistics, it is the most under researched and underfunded," said Holly Johnson, volunteer race director and an honorary board member of Rexanna's Foundation. "I know when I contribute financially to an event like this, that my money IS going directly to the cause and that I will be, at least in some small way, a reason that lung cancer will be a thing of the past someday." Everyone benefits when they participate in a Run for a Purpose event. Be it, financially, as a participant, as a volunteer, or as a sponsor, we will win this fight with the support of the Lakeway community.

Former Lake Travis Middle School Athletic Director Rexanna Hawkins, 49, died in 2006 - just two months after her diagnosis, having never been a smoker herself. Rexanna's competitive spirit, hope and warm heart impacted everyone she met. It was no surprise that in the two short months of her cancer fight, that she inspired her doctors and friends to become actionable and carry her torch for her, so that a cure maybe found and thus, Rexanna's Foundation for Fighting Lung Cancer was created. Her doctors, Dr. Daniel Karp and Dr. Edward Kim at M.D. Anderson, now serves on the foundation's board.

Run for a Purpose is held in the Rough Hollow subdivision. It is chip timed utilizing dynamic bib technology. The race includes a KidsK (ages 9 and younger) race, which starts at 8 a.m. and a 5 K that begins at 8:30 a.m. on Sunday, March 6th at the intersection of Highlands Blvd. and Trophy Drive, near the Lakeway Swim Center. Sign up today for early bird discounts and to guarantee your event t-shirt. Discounts are also given to team formations of 4 or more. Pre and post-race snacks will be provided. Raffle prizes will be given out throughout the event and medals to top finishers in each age bracket. All KidsK participants will get a medal upon competition. Trophies will be given out to top male and female overall winners. Cost is $\$ 25$ (price increases after $2 / 18 / 16$ ) for the chip-timed 5K and $\$ 10$ for the KidsK. For more information and to register, visit www.runforapurpose.com.

Any further questions, comments or info regarding sponsorship can be sent directly to Holly Johnson at hollychris5@hotmail.com.


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## Leander ISD's LEEF Gala



Leander ISD Educational Excellence Foundation (LEEF) held its inaugural gala, Drop the Mic, on Saturday, January 9 at the Westin at the Domain. The first time gala was a sold out event with over 360 attendees raising over $\$ 100,000$ for the education foundation! The seated dinner and live auction event was enjoyed by all but the highlight of the evening's entertainment was an epic lip sync battle courtesy of LISD high school principals + staff. Each high school competed for votes by a panel of celebrity judges (Bob Ballou, Bob Pickett, Olga Campos, and Quan Cosby) to win a cash prize for their high school Project Graduation. The judges had a very difficult time picking winners of the lip-sync battle - because they were ALL so awesome! The 2016 LEEF Lip-Sync Battle Winners: 1st place: \$2,000 for Project Graduation: Rouse High School. 2nd place: \$1,000 for Project Graduation: Vista Ridge High School and 3rd Place: \$500 for Project Graduation: Cedar Park High School, Leander High School. A heavy Vandegrift contingent voted with their applause giving Vandegrift High School the "crowd favorite" award which earned the high school \$500 for Project Graduation.
The event raised over $\$ 100 \mathrm{~K}$ in one evening for the foundation. These funds will support LISD schools with classroom grants, reading books for children, dual-credit textbooks, AP exams and college coaches.

At A Glance:

- LISD is comprised of 40 schools in four cities (Austin, Cedar Park, Leander, Georgetown)
- The district encompasses 200 square miles.
- LEEF programs serve 37,000 students.

About Leander ISD Educational Excellence Foundation (LEEF)
The mission of the Leander ISD Educational Excellence Foundation (LEEF) is to provide resources to support innovation, enrichment, and equity in pursuit of academic excellence within the Leander Independent School District community. LEEF supports
(Continued on Page 28)


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## Around Steiner

## (Continued from Page 27)

its mission through three main program initiatives: foundations for learning focusing on early literacy, enriching great teaching through innovative teaching grants and professional development, and college bound programs to build a college and career-ready culture among all students. LEEF is making a difference in Leander ISD and strives to ensure that every student in LISD has the opportunity to succeed.



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## News You Can Use

## February is Heart Health Month

Submitted by Tom Henry, Community Relations - Longhorn Village
Imagine this. What if you had a guide that would guarantee you a longer life, prevent heart disease, and help you feel stronger and healthier starting right now? What if you had a road map that would improve your quality of your life and give you the energy and time to invest in your life goals?

Believe it or not, there is such a guide.
On January 20th 2010, the American Heart Association announced its new health impact goal: to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent. That's a big goal! How can the AHA possibly achieve it?

The answer? By helping people identify and adopt healthier lifestyle choices. For the first time, the American Heart Association has defined "ideal cardiovascular health," and identified seven health factors and lifestyle behaviors that support heart health. The American Heart Association calls these "Life's Simple Seven." Improvements in these seven areas can greatly impact your quality of life and life span.
Between 2000 and 2010 death rates from heart disease dropped nearly $40 \%$ and deaths from stroke dropped by about $35 \%$; that's a big deal. BUT, despite this, heart disease and stroke are still leading causes of death. It's true we've been told what we can and can't do; (wag finger) "no red meat, no donuts, not too much alcohol, take this pill but not that one, no cheating over the holidays." This list of negatives can make anyone rebel. Instead of living in fear of disease, why not embrace your best health potential? This is a life success plan. That's a plan that works for everybody: men and women, children and adults, and older folks, too. It's about life satisfaction and living well. Best research now tells us that if you are a 50 -year-old man or woman in optimum heart health your life expectancy is at least another 40 years-and that's 40 years free of heart diseases and stroke. We are talking about good living, not just existing. Importantly, everything in the plan is within reach and it's cost-effective for everyone. Curing heart disease may be some time coming. If you already have heart disease, breakthrough discoveries are happening every day, but you can still help yourself. In fact, nearly everyone can adopt this plan. Think about this new goal and the simple seven; join the American Heart Association in helping to build a healthier world, free of cardiovascular disease and stroke.

Let me emphasize, these are not just "seven good ideas." These are THE seven most important things you can do to live a healthy life free from cardiovascular disease and stroke!
My Life Check is an accurate assessment of how you are doing in the seven areas. It's based on the knowledge and expertise of medical experts from the American Heart Association. Once you've taken My Life Check, your heart score will help you understand what simple steps you may need to take to improve your heart health and quality of life. From there you will be directed to specific action plans that will teach you how to change your behaviors and move you closer
to your individual health goals.
Manage Blood Pressure
Hypertension, or high blood pressure, is the single most significant risk factor for heart disease. Uncontrolled high blood pressure can injure or kill you. It's sometimes called "the silent killer" because it has no symptoms. One in three adults has high blood pressure, yet about $21 \%$ don't even know they have it. Of those with high blood pressure, $69 \%$ are receiving treatment, but only $45 \%$ have their blood pressure controlled.

Never judge your blood pressure by how you feel or your best guess. High blood pressure has no obvious symptoms until serious damage is well underway. No one can afford to ignore blood pressure. It's a problem for one out of three American adults, and many of those affected are not even aware.

Also, learn healthy habits for eating well and staying active. If you can, don't do it alone; get the whole family involved. When your whole family commits to staying active and eating right, you'll cultivate good habits you will all use for life. What better gift is there to give?
Get Active
The evidence is clear: people who exercise have better health than those who do not.
A recent American Heart Association survey shows that fewer than two out of every ten Americans get the recommended 150 minutes or more of moderate physical activity each week, so you are not alone.
Just like eating, sleeping, and brushing your teeth, physical activity is one of life's basics; it must be done. Just move in some way that increases your heart rate.
We're not talking about marathon training here. Choose activities you can enjoy. A walking program has the best success rates because people stay with it. But do what works for you. If it gets your heart rate up for 30 minutes, it counts. Just do something. Break into two sessions of 15 minutes each if that works best for you.

Control Cholesterol
Let's be clear about what cholesterol is and why it's important for reaching your health goals. Everyone has cholesterol. It's the waxy substance in your bloodstream and cells. Some cholesterol is important for good health, but too much cholesterol in your blood puts you at major risk for heart disease and stroke. When too much LDL (or bad) cholesterol circulates in the blood, it can slowly build up inside the walls of your arteries that feed your heart and brain. Cholesterol particles get lodged into your arterial walls and get stuck there. Then cholesterol combines with other substances in your blood to form plaque--a thick, hard deposit that can narrow the arteries and make them less flexible, putting you at major risk for heart disease and stroke. Remember: you want your blood to able to "go with the flow" so keep cholesterol low!
How do you control cholesterol? First, follow your healthcare provider's advice, which will likely include making healthy food
(Continued on Page 31)

## (Continued from Page 30)

choices. About $25 \%$ of your cholesterol comes directly from what you eat, so we have a lot of control of those numbers. Pay attention to your food choices. Always.
Next, get active. You can never be "too busy" to exercise. Make physical activity a habit and you'll realize the benefits almost immediately. Not only will it help your cholesterol, but you'll lower your blood pressure, control your blood sugar by improving how your body uses insulin, reduce feelings of stress, control your weight and make you feel good about yourself.
Eat Better
Your body is counting on you to choose a wide variety of foods that are high in nutrition and fiber and low cholesterol and fat. If you were to write down every single bite that you put into your mouth during a day, what do you think you would learn about your nutrition habits?
Eating for good health means choosing lots of fruits and vegetables, whole-grain carbohydrates, and fat-free or low fat dairy products and training yourself to avoid foods and drinks with high sodium or added sugar. Another perhaps surprising part of healthy eating is to regularly include fish rich in Omega-3's. It's great for your heart and your brain. These guidelines are important for your whole family. Everyone in your house will benefit from eating this way.
It can be tough to change eating habits, but it's easier when you have a plan. Take stock of what you have in your kitchen at home. What do you see? Do you have plenty of healthy options? Is your pantry stocked with whole grain cereal, oats, whole-wheat bread, whole grain crackers and pasta, and lots of heart-healthy seasonings? Is the refrigerator stocked with fresh fruits and veggies, fat-free milk, yogurt, and healthy proteins?

Keep a food journal, even you only do it for one or two days. It will help you become aware of what you eat and find out how your choices measure up. A food journal makes it easy to see the areas where you can make simple improvements.
Finally, substitute good choices. If you have a lot of junk in your kitchen, you'll be tempted to eat it when you're in a hurry, but with good planning, when you're in a hurry, you can grab an apple or another healthy treat instead.

## Lose Weight

If you're overweight, don't waste your energy feeling guilty or bad about it. Instead, do something positive. BMI is key. BMI is a height-to-weight comparison that helps you identify the healthy weight target for your height. If your BMI is higher than 25 , you need to bring that number down.
Weight loss is best achieved over time and with a commitment to better health. Losing weight means changing the balance of calories in to calories out. If we eat more calories than we need, we gain weight. If we eat fewer calories than we use, we lose weight. So start with good information. Know how many calories you need each day for your level of activity, and then find ways to stay within your limits. You might even keep a food journal at first to help you notice how much you are eating and whether you're eating out of habit instead of real hunger.


There are few steps you can take to reduce the number of calories you take in. Plan your healthy-eating calories and stick with your plan. When you get tired and hungry, you're more likely to stop for fast food or snack on junk. Plan healthy meals and snacks to help break that habit. If you have kids, invite them to help plan. Educate yourself and your kids about healthy food choices. When you "feed your motivation" by reading nutrition articles and recipes, you engage your motivational brain. Read up on healthy food preparation, like steaming your veggies and avoiding extra fats. Read food labels and avoid foods that are high in sugar, saturated fat, trans fat and calories.
But remember, there are two sides to weight loss. Often, when we diet, we focus on decreasing our calorie intake, but there's another, equally important factor. We need to increase the calories we burn.
I'm going to say it again--regular physical activity, even 30 minutes a day, is essential. Besides helping you lose weight, it also helps reduce your abdominal fat and preserve muscle during weight loss. We're all different, so the amount of exercise we each need for weight loss will vary, but a good plan includes 30 to 45 minutes of moderate physical activity, like brisk walking, done nearly every day.

Don't Smoke
Even if you've smoked for years, your body can start the repair process as soon as you stop harming it with more smoke. If you're ready to start your plan for smoke-free health, it's a good idea to talk with your healthcare provider. Medication can be helpful for some people during the kick-the-habit phase and research shows combining medical and behavioral therapies can increase success rates. But with or without a prescription, here's a good plan to improve your chances for success.

First, focus on the rewards. It's a lot more satisfying to make lifechanges when you focus on the positive rewards that motivate you. So
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## News You Can Use

## (Continued from Page 31)

today, make a list of all the benefits you'll experience by tossing out those cigarettes. Think of the money you'll save, the benefits to your health (and to the health of those around you), and the satisfaction of conquering your cravings. Write down any personal benefit you can think of and keep your positive list handy.

Second, plan your response to roadblocks. The hardest part is usually the first couple of weeks.

Here's what one gentleman determined to quit did to get past those roadblocks. He wore a rubber band around his wrist and whenever had the urge to smoke, he'd snap himself, check the clock, and go over his positive motivation list. He had made a deal with himself that he would wait 15 minutes from the rubber band snap to allow the craving to pass. If it wasn't gone in 15 minutes, he would go for a walk or do something else to help get rid of his tension.

Make a plan now for how will you distract yourself during those first few tough weeks. Start by planning out day one. Be creative. You can quit one day at a time. And remind yourself that the difficulty is TEMPORARY! The craving to smoke will not last forever and once you get past that challenging part, you'll be well on your way to better health.

Third, choose your reinforcement. Mark a big red X on your calendar for every day you conquer. It will be a visual reminder of
what you're accomplishing. For other ideas, check out some of the material on the My Life Check website.

Reduce Blood Sugar
Our digestion turns all carbohydrates into sugar or glucose which is then carried throughout your bloodstream to give you energy. Complex carbohydrates like whole-wheat breads and grains, and fruits and vegetables take longer to digest, helping to keep your energy supply steady. But simple sugars, like sweets, donuts, and white bread are very quickly converted into glucose, which can cause your body to call for extra surges of a hormone, insulin, to help regulate the energy supply. If your blood sugar is high, as often happens when you maintain a diet with too many simple carbohydrates, it encourages the growth of plaque in your arteries. While this is bad on its own, problems can become much worse when your body gets resistant to insulin or you simply stop making insulin altogether. This condition, known as diabetes, is treatable but very dangerous, and can often lead to heart disease and stroke. Even if you don't have diabetes, you need to know your blood sugar level. Be sure to get a blood sugar level test after fasting at least every three years, because controlling glucose is an important part of stopping heart disease before it starts.
If your blood sugar level is higher than the ideal, here's what you can do to make a positive difference in your life and health. First,
(Continued on Page 33)



## (Continued from Page 32)

make good food choices. Choose a good balance of nutritious foods that take time to convert into glucose. It's a good idea to eat small portions and include foods like oats, granola, pears, oranges, peas, and beans, all of which are a great source of complex carbs. Drinking enough water can also help your lower your blood sugar.

Second, commit to a physical activity routine. Physical activity breaks down carbs more quickly, which helps get them out of the bloodstream and lowers the sugars. For diabetic individuals, exercise is often just as essential as medication because it is so effective at blood sugar regulation.

And third, make sure you maintain a healthy weight. If you are overweight, even losing as few as ten pounds can go a long way toward helping your blood sugars stay controlled.

Remember, Life's Simple Seven work together to help you build a better and stronger life, so by investing in improving in one area, like your blood sugar levels, you are likely to improve your weight and nutrition, too.

However, without a plan, you'll be at an increased risk of heart disease, stroke and other illnesses and disabilities. You may see a increased need for surgeries and other medical treatments, and you'll almost certainly face a diminished quality of life.

But with Life's Simple Seven, you can KNOW you're taking care
of yourself to reach your best health potential for yourself and for those you love!

Focus on your goal: feeling your best and living a healthy life. By taking small steps one day at a time, one meal at a time, and one walk at a time, you will start to notice a difference in your energy level and your sense of well-being as you choose good health. Let's plan for many years of living well, and I hope you'll join me in taking the simple seven to heart.

For more information please visit http://www.heart.org/ HEARTORG/Conditions/My-Life-Check
*References - American Heart Association, http://www.heart.org/ HEARTORG/



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## News You Can Use

Winter Pruning

Besides planting new trees, the primary task during winter months is pruning.

Trees: This is the best time of year to trim any trees susceptible to Oak Wilt. The insects that spread the disease are not active now. Even though, you should still use precautions and use a tree paint to seal your cuts. Nursery store pruning paint is good but even a can of good old Krylon will do the job. Paint cuts immediately after cutting, don't delay

Now is when major branches should be cut off or back. Prune branches off walls and roofs at least 4 to 5 feet if possible. Raising the lower canopies can be done to open up your landscape view. NEVER TOP A TREE OR A CRAPE MYRTLE.

Google "Crape Murder" and avoid doing the wrong thing to your Crapes. Please do it now and pass it on. Don't commit murder. It happens every spring and it is B.A.D.!!!!

Shrubs: Plants that have deadwood can be cleaned up now. Plants like Texas Sage, Yaupon, Viburnum, Abelia, Photinia, Eleagnus, etc.
can be cut back HARD now. If they've become tall and overgrown, you can cut them back as much as $75 \%$ and they will resprout from the ground and become full plants again. This can be helped with a light dose of spring fertilizer.

Perennials: We generally wait until closer to spring to trim our perennials (Salvia, Lantana, Skullcap...). If you prune too soon, it may encourage the plant to re-sprout before winter ends and will cause them to go through a second "freeze-down". Also the dead foliage insulates the plants roots.

Fruit Trees: Fruit trees are available now from local nurseries. Fruit production and tree health depend of proper variety selection and care. Refer to your County Agricultural Extension service or the internet for guidelines. Improperly trimmed fruit trees never recover.
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## Winter Sports Programs

Programs running near you in Steiner Ranch and
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YOGA FOR ADULTS January 6th to March 2nd, Wednesday's 8:15 to 9:15 am in Bella Mar Community Room. 9 weeks $\$ 45$. Drop in $\$ 9$. Yoga for healthy $\&$ balanced body, mind, energy, emotions, higher mind, spirit. All aspects of yoga taught knowledgeably \& scientifically. Yoga classes can be taught at beginner, intermediate, advanced levels, as appropriate.Register please with Steiner Ranch HOA or with keepfitwithyoga@yahoo. com or 5129401510.


## NOT AVAILABLE ONLINE

## Ranch Record

## SEND US YOUR EVIENT 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

communications@steinerranchhoa.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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## Ranch Record

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