

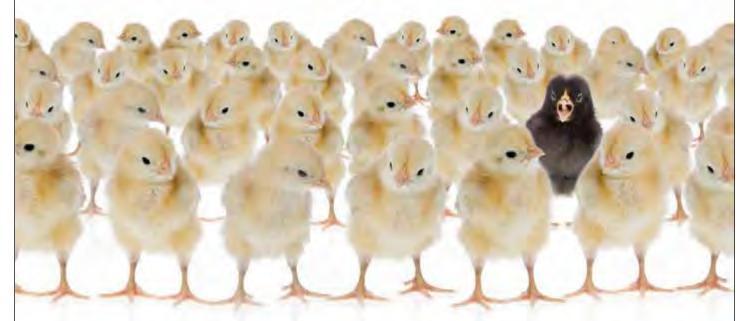
VOLUME 10 ISSUE 4

APRIL 2016

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Does your listing STAND OUT?



The spring market is chirping - we can help make sure your home listing sings!



Rhonda Durrill 512 994 8400 Rhondallifestedutis rie



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Joy Brillante 512.423.4479 Joy@Availackentri com



Cindy Thompson 512.698.6929 Cindy/MusiatAustin rom



Kim Cross 512.994.7219 Kimili hat in hut in com



Crete Carey 512 213 7131 Criete Careyil Assistantin com

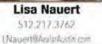


512.656.8292

Susan Russell 512,417,2220 SusanR@ArataAustin.com



Lisa Nauert 512.217.3767





512 415,0099 SteveCraig@Asis/Autin.com



Kay DaSilva 512,426,1599 Kay@AvalarAustin.com



Ranch Record - April 2016 2

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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	1 1
Saturday & Sunday	

STAFF

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Maintenance Technicians
Angel Alvarado
Macedonio Salazar
Karl Chrietzberg

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	
Fire	
Ambulance	
Sheriff – Non-Emergency	.512-974-0845
Travis County ESD No.6/Lake Travis Fire Rescu	e
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	
Steiner Ranch Elementary	
River Ridge Elementary	

UTILITIES

Travis County WCID # 17	
City of Austin Electric	
Texas Gas Service	
Custom Service	1-800-700-2443
Emergencies	
Call Before You Dig	
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)	
Austin/Travis County Hazardous Waste	512-974-4343

OTHER NUMBERS

Lake Travis Postal Office	
Coyote Sightings	

NEWSLETTER PUBLISHER

Peel, Inc.	
Advertising	advertising@peelinc.com

GO GREEN! GO PAPERLESS!

Sign up to receive the Ranch Record directly to your inbox. Visit PEELinc.com for details.

ARTICLE INFO

The Ranch Record is mailed monthly to all Steiner Ranch residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome. To submit an article for consideration please email it to <u>communications@steinerranchhoa.org</u>. The deadline is the 8th of the month prior to the issue.

COVER PHOTO

Little Steiner Rancher, Gavin Wilson, welcomes spring in a colorful field of bluebonnets, here on the Ranch. Photo was taken at the corner of Portabella, and Quinlan Park Road in The Valley at Eastridge, and was submitted by Gavin's mother, Jennifer Wilson. Happy spring!

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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RANCH REPORT

Much change will take place in Steiner Ranch later this month; on April 19th, homeowners will vote in seven new board members to the Steiner Ranch Master Association (SRMA), making it an all homeowner run board for the first time. Two days later, two new members will be voted in to serve on the Steiner Ranch Residential Association (SRROA) Board.

As a result of developer transition, the election process for the SRMA will represent the biggest change in how homeowners elect members to the board. As has been shared in the past, voting districts have been created in order to ensure that all areas of the SRMA are represented on the board. Although much information has been provided over the past several months regarding the upcoming elections, I believe there is no such thing as over communication. Should you have any questions, please do not hesitate to contact the Association Office.

Below are key terms all homeowners should be familiar with when voting:

Quorum – A quorum is the minimum number of property owners that must be present, or by submitted proxy for the annual meeting to be valid. The minimum number needed for a valid annual meeting for the Master Association is 370 members and 70 for the Residential Owners Association.

Proxy - A proxy is the written authorization that allows one person to appoint another (the proxy holder) to vote on his or her behalf. It's important to note that if you're not interested in voting for a candidate, the proxy can be submitted just for the purpose of obtaining a quorum.

On-line voting – The annual meeting packet will contain a link to the on-line voting website, which will direct the property owner to a ballot with the eligible candidates.

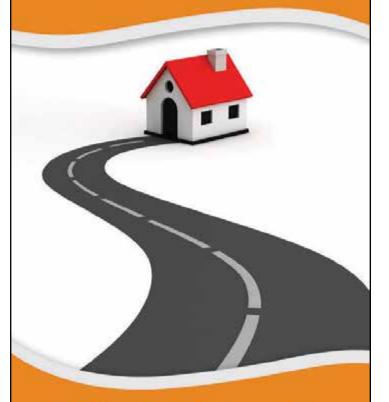
Voting in person – Paper ballots will be available and collected at the annual meeting.

I encourage all homeowners to exercise their civic duty and vote. All board members are elected to represent and protect the best interest of the community, while maintaining the value of jointly owned assets. In short, the role of the Board is to protect and increase property values by successfully operating the Association, maintaining common property, and enforcing Steiner Ranch governing documents.

I look forward to our upcoming elections and working with our new and returning board members.

Randy Schmaltz Executive Director Steiner Ranch Homeowners' Association

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From the Association Office





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

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 Time5/21 Shred Day5/28 Movies 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 Dance9/17 Fall Community Garage Sale

OCTOBER

10/6 New Homeowners Social10/7 Fall Scrap-A-Thon10/23 Pumpkin Patch10/30 Trunk or Treat

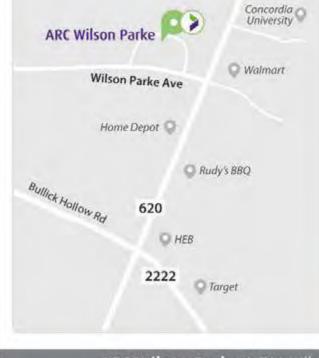
NOVEMBER

11/5 Camping On The Ranch 11/12 Holiday Sale Shopping Event

DECEMBER

12/8 Volunteer Appreciation Party12/10 Breakfast With Santa





SAME-DAY Appointments —— near —— Steiner Ranch

Call 737-247-7200 Visit ARCAppointments.com

ARC Wilson Parke 11714 Wilson Parke Ave, Ste 150, Austin, TX 78726 Mon – Fri: 8AM – 9PM | Sat – Sun: 8AM – 5PM

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From the Association Office SRMA & SRROA Annual Meetings And Elections

- It's Time To Cast Your Vote!

The Steiner Ranch Master Association (SRMA) and The Steiner Ranch Residential Owners Association (SRROA) will hold their Annual Meetings and Elections later this month. All Steiner Ranch Homeowners were mailed Annual Meeting Packets via mail in March. If you did not receive a packet, please contact the Association office.

The SRMA will hold its Annual Meeting and Election on Tuesday, April 19, 2016 at 6:30 pm. Registration starts at 6:00 pm, in the Towne Square Community Center. During the meeting, the SRMA will elect 7 homeowners to the 7 member Board of Directors. The newly elected SRMA Board, which in the past included 2 Declarant (Developer) Directors, will be governed by SRMA homeowners only. Due to the size of the SRMA, voting for the new Board has been divided into 5 newly formed voting districts, each similar in size. One homeowner from each of the districts will be elected; homeowners may vote for candidates running in their district only. The 2 remaining seats will be comprised of SRMA homeowners who will be elected to serve At Large. Homeowners from any district may vote for At Large candidates.

The SRROA Annual Meeting and Election will take place on Thursday, April 21, 2016 at 6:30 pm. Registration starts at 6:00 pm in The Towne Square Community Center. During the meeting the SRROA will elect 2 new Directors to the 5 member Board of Directors. Homeowners who live in the following sections are members of the SRROA: Chaparral, Hancock Hill, Mesa North, Plateau, Rocky Ridge, The Summit at Eastridge, The Valley at Eastridge.

Election results relating to the specific Association will be announced at each Annual Meeting. In addition, a review of the past year's financials, activities and reports of the Association will be covered. All homeowners are encouraged to attend and to vote.

HOW TO VOTE

- Attend The SRMA or SRROA Annual Meeting & Election and cast your ballot.
- Vote online by visiting the specific voting url provided in the Annual Meeting packet. See below for district specific voting websites.
- Vote by proxy. Proxies were included in Annual Meeting packets which were mailed to all homeowners in March.

SRMA VOTING DISTRICTS

District 1

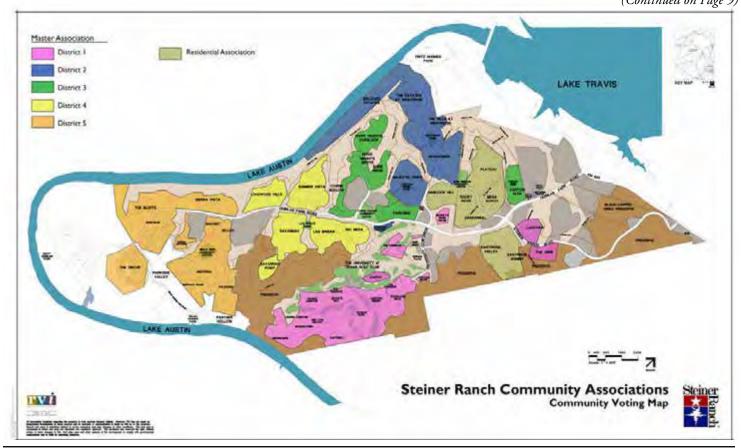
UT Golf Community, The Fairways, The Casitas, Beverly Ridge, Lakeview, The View

If you live in District 1, visit https://srdistrict1.ivotehoa.com/ accountSignup.php to vote.

District 2

Bellagio Estates, The Headlands, The Estates of Westridge, Majestic Oaks, Longhorn Canyon, The Hills of Westridge If you live in District 2, visit https://srdistrict2.ivotehoa.com/

accountSignup.php to vote. (Continued on Page 9)



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(Continued from Page 8)

District 3 Canyon Glen, Parkside, River Heights Overlook, Towne Hollow, Shire Ridge, River Heights Grove If you live in District 3, visit https://srdistrict3.ivotehoa.com/ accountSignup.php to vote. District 4 Lakewood Hills, Las Brisas, Rio Mesa, Summer Vista, Savannah Point, Savannah If you live in District 4, visit https://srdistrict4.ivotehoa.com/ accountSignup.php to vote. District 5 The Bluffs, The Grove, Santaluz, Sierra Vista, Monterey, Belcara, Palisades, Emerald Ridge, Mediterra, Tierra Grande If you live in District 5, visit https://srdistrict5.ivotehoa.com/ accountSignup.php to vote.

*SRMA homeowners may vote for only those candidates running from their district but may vote for any SRMA candidate running as

At-Large candidates. **SRROA VOTING**

Chaparral, Hancock Hill, Mesa North, Plateau, Rocky Ridge, The Summit at Eastridge, The Valley at Eastridge If you live in The SRROA, visit https://srresidential.ivotehoa.com/ accountSignup.php to vote.

Spring Green Waste Pick up

Texas Disposal Systems will provide Steiner Ranch residents with a seasonal green waste collection pick-up during the week of April 11th.

Each resident may place up to 20 thirty gallon paper bags of green waste at their curbside on their designated trash pick-up day on April 11 – April 15.

**Please note: This will be the only green waste pick up this spring. Residents may schedule bulky waste, and bundle pick-ups twice per year by calling TDS. Bundle pick-ups include tree, shrub, and brush trimmings securely tied together, not exceeding 4 feet in length or 40 pounds. Call TDS at 512-329-1752 to schedule individual pick-ups.

Reminder: Aside from scheduled green waste pick-ups and individually scheduled bundle pick-ups, TDS will NOT pick up items/bags left outside of trash containers, unless bags are tagged with TDS trash tags. Tags are available for purchase, by check, at the HOA office for \$2.50 per bag. Additional trash/recycle carts may be ordered directly from TDS.



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FREE ESTIMATES

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Making Exterior Changes?

Don't Forget To Obtain Architectural Approval First

Thinking about modifying your deck, adding a pool, or changing the color of your exterior trim? Steiner Ranch governing documents require the submission of plans and specifications for review and approval by the Architectural Committee (AC) before construction or installation begins. Improvements requiring approval include, but are not limited to, playscapes, pools, decks, patios, ponds, new siding or trim colors, planter boxes, arbors, walkways and sheds. Before making exterior changes to your home, please submit a Modification Application, which can be found on the HOA website under the Documents tab.

From the Association Office

Landscape Advisory **Committee Seeking** Volunteers

The Landscape Advisory Committee is a new addition to Steiner Ranch and is seeking volunteers to join the committee. The function of the committee is to advise the HOA on suggestions for plant selection, maintenance, and overall appearance of the common areas within the neighborhood. If you have a vision and passion for landscape, please consider joining. The committee meets on the second Thursday of the month at 5:00PM at Bella Mar. Please contact Randy Schmaltz, Association Executive Director, at randy@steinerranchhoa.org if interested in joining the committee.



Sod Installed At Many Steiner **Ranch Fields**



Fields in Steiner Ranch get lots of use, and some were beginning to show signs of wear and tear. The HOA is pleased to report that sod was recently installed at Bella Mar, Towne Square and Westridge fields. Go check out our improved fields, and enjoy!



Youth from across Austin: Join us at St. Andrew's for a summer of adventure, innovation and friendship!

- Camps for Young Children
 Explorations in Science
- Sports Camps
- & Technology
- Theater, Music & Art Intensives
- And many more!

Camps run in Southwest and Central Austin. Free early arrival, lunch supervision and aftercare are provided for full-day campers. Register now before your favorite camp fills!

SASAUSTIN.ORG/SUMMER

Bluebonnets Abound On The Ranch:

Have A Favorite Photo To Share?

Bluebonnets have speckled Steiner Ranch; it's a sign that spring has arrived! Next month's issue of The Ranch Record will feature bluebonnet pictures submitted by residents. If you would like to share your spring bluebonnet photos, send them to: communications@ steinerranchhoa.org.



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Steiner Activities & Events

EASTER EGG HUNT FUN

Fun was had by all who attended the annual Steiner Ranch Easter Egg Hunt, which was held on Saturday, March 26th at John Simpson Park. Over 14,000 eggs were collected and taken home by little Steiner Ranchers. A big shout-out and thank you to volunteers, Canyon Ridge Middle School NJHS students, and Kidventure for helping scatter and hide eggs. Thank you to The Goddard School, Steiner Ranch, and Dr. Cox at Greater Austin Allergy Riverplace, for sponsoring this fun community event. Thank you also to Steiner Cleaners for sponsoring our Golden Egg winner Easter Baskets.





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New Homeowner Welcome & Wine Social

Thursday, April 7th 6:30pm - 8:00pm Towne Square Community Center 12550 Country Trails Lane

Welcome new residents of Steiner Ranch! Please join us for our next New Homeowner Welcome & Wine Social to:

- Meet Neighbors
- Learn about Neighborhood Social Groups & Committees
- Hear Presentation by the HOA
- Ask Questions

Wine & hors d'oeurves will be served. Please RSVP to Cassie at cassie@steinerranchhoa.org no later than Monday, April 4th.



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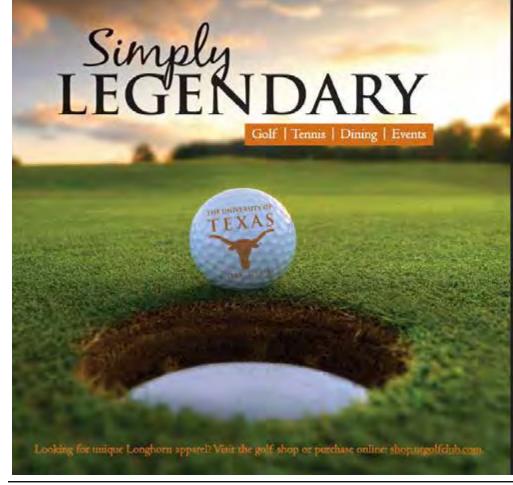
Steiner Scrapers Scrap-A-Thon

Steiner Scrapers will be dedicating hours of hard work and exceptional creativity at the Spring Steiner Scrapers Scrapbooking Marathon! When: Friday, April 8th at 6:00pm to Sunday, April 10th at 4:00pm Cost: \$26.62 for the entire weekend! (Meals not included) Where: Towne Square Community Center What Can I Expect? • No distractions from kids, spouse or home • One six foot long table of your own • One gift per participant • Coffee, water, snacks • A Consultant with inventory for sale Space is limited to the first 25 registrations. Registration opens March 1st. Register today at: https://www.eventbrite.com/e/2016-spring-steiner-ranch-scrap-athon-tickets-21355469785

Pool News

The filtration system at the Towne Square Community Pool was recently replaced. This means improved water quality and clearer water for the coming swim season.





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JOIN THE UT GOLF CLUB TODAY For membership inquiries, email membership@utgolfclub.com

or call (512) 266-6464.

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Steiner Activities & Events







Hill Country Bible Church Steiner Ranch hosted and organized Run The Ranch, which took place on March 6, and marked its 11th year. The community event was well attended, and the cool weather was perfect for those participating. The Steiner Ranch HOA was proud to be a sponsor!





2016 Steiner Ranch Concert in the Park August 13th @ Towne Square, 7pm-10pm

Sponsor this <u>huge</u> community event by registering at: <u>www.SteinerRanchConcerts.com</u> PLATINUM \$2,000 GOLD \$1,000 SILVER \$500

BRONZE \$175

NON-PROFIT \$75

This is a GREAT opportunity to support the community & LISD while promoting your business! All proceeds benefit LISD.

Questions, Contact Desirre Ghebremicael, Steiner Ranch Lifestyle Coordinator: desirre@steinerranchhoa.org

Steiner Activities & Events

'Celebrate Mom! The HOA is hosting its first

Mother's Day Tea

When: Saturday, May 7th, 2016 from 2PM to 4PM Where: Towne Square Community Center

In honor of Mother's Day, the HOA invites residents to its first Mother's Day Tea event. Tea time will include pinwheels, cupcakes, cookies, candies, tea sandwiches, jasmine tea, and lemonade all served in a delightful setting.

Moms will decorate hats with their family, then walk the "catwalk" for a chance to win the 'Most Creative Steiner Ranch Mother's Day Hat' title of 2016.

Tickets are on sale now through May 1st, 2016 or until the first 100 tickets are sold. The whole family is invited. No refunds will be given after May 1st, 2016.

To purchase tickets, visit: https://www.eventbrite.com/e/ mothers-day-tea-time-2016-tickets-22701582043

For more information, please contact Desirre Ghebremicael at desirre@steinerranchhoa.org



Spring Garage Sale

It's time to clean out those closets and clear the clutter- spring is here! To help you get rid of the stuff you no longer want, Steiner Ranch is holding the annual spring neighborhood garage sale.

When: Saturday April 9th from 8:00am to 12:00pm. Happy purging!

Post Garage Sale Drop Off Benefitting CRMS Theater Arts Program

When the garage sale is over and you are left with unsold items, come on over to the Post Garage Sale Drop-off. The public is invited to drive by and drop off carloads of items for free at the Gene Arant Team Real Estate building. It doesn't get any easier!

The Gene Arant Team is excited to host this community give back tradition for the 8th year in a row. CRMS Theatre Arts student volunteers will also be on-site to collect new and gently used items, such as furniture, books, art, clothing, children's toys, sporting goods, kitchen items, holiday decorations and more. Collected items will be donated to Goodwill, who pays out to schools based on total weight of donations. Over the last two years The Gene Arant Team has been able to raise nearly \$6,000 for CRMS.

EVENT: Post Garage Sale Drop-off

WHEN: Saturday, April 9th, 2016, 12:00pm - 2:00pm (no early drop offs, please)

WHERE: Gene Arant Team Real Estate Building 4304 N. Quinlan Park Rd, Austin, TX 78732

FREE ACTIVITIES FOR RESIDENTS

The following activities are offered to Steiner Ranch residents at no charge:

Akido Meets at Bella Mar Community Center Tuesday evenings at 8:30pm		
Cycling Group Meets at Cups & Cones Saturday & Sunday Mornings at 7:30am		
Run Lab Coach-led run meets at John Simpson Park Friday mornings at 9:30am		
Tai Chi Meets at Towne Square Community Center Monday through Friday at 8:15am		
Yoga Provided by Lake Austin Spa instructor. Meets at Towne Square Mondays at 6:30pm		
Vinyasa Yoga Tuesdays, April 19 – June 7 at Bella Mar Community Center from 9:30am – 10:30am		
Writers GroupMeets at Cups & Cones every other Monday from 1:00pm - 2:00pm		

FREE HEALTH WORKSHOPS

The following free workshops are being offered to Steiner Ranch residents:

April 5th at 6:30pm, Towne Square: Allergies 101

Dr. Cox, Steiner Ranch resident and physician at Greater Austin Allergy Riverplace, will discuss and answer questions relating to food allergies, medication allergies, environmental allergies, eczema, and asthma.

> April 20th at 6:00pm, Towne Square: Cardio Vascular Disease In Women: How You Are Different

Join Steiner Ranch resident, Dr. Benjamin Rosin, as he discusses and answers questions about Cardio Vascular Disease in women.

> April 23rd at 9:30am, John Simpson Park: Dog Training-Paw Trek

This dog training workshop will cover basic behaviors such as sit, stay, come when called, and basic behaviors for public outings and walks. Friendly dogs and their owners are invited to attend. Visit www.thedoggiedojo.com for more information.

FREE VINYASA (FLOW) YOGA CLASSES START THIS MONTH



Find the balance in your life! Come enjoy free energetic yoga classes and reap the countless benefits yoga has to offer. Connect your body and mind through your breath, find physical, mental and emotional stress relief, increase strength and flexibility, detoxify your body...the list goes on. When: Tuesdays 9:30am - 10:30am, April 19th through June 7 at Bella Mar Community Center. Please bring a yoga mat, small hand towel, and

a water bottle.

Instructor Melinda Cortez is a Steiner Ranch resident who is excited to share her passion for yoga with her community by offering Steiner Ranch residents FREE yoga classes. Find Melinda on Facebook at Journey Yoga.

Clean Out Your Files Shred Day Is Just Around The Corner!

Mark your calendar for the Steiner Ranch annual Shred Day, scheduled for May 21st in the Towne Square Community Center parking lot from 10am – 12pm. Start getting your old papers and files together to take advantage of this great opportunity to organize and purge. Out with the old!

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 o Flag Football

o Soccer

• Lone Star Soccer Academy

ADULT PROGRAMS

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

SUMMER CAMPS IN STEINER RANCH

It's time to start planning for summer and we have some great camps scheduled. For camp details and registration, visit organizations directly:

- Lonestar Soccer: www.lonestar-sc.com
- Soccer Shots: www.soccershots.org
- Sportball: www.sportball.us/Austin/program-schedules
- Neighborhood Sports: www.neighborhoodsports.us
- Rugby: www.rugbytexas.org
- Steiner Tennis: http://goo.gl/forms/QFDSsqbw81
- Kidventure: www.kidventure.com
- Mad Science: www.austin.madscience.org

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. Give us a wave but please don't honk!

Team SRC Racing Updates

SRC has been shaking things up this year with multiple podium spots at USA Cycling sanctioned races! SRC is currently #1 in Texas for 35+ CAT 4/5. Special kudos to Steve Cumings, Andrew Struck, and John Nadolski. These guys are killing it and representing our neighborhood awesomeness.

SATURDAY RIDES

On Saturdays we host an open group ride, starting at Cups & Cones at 7:30 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.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 ride to a local coffee shop outside Steiner.

The group will leave Cups & Cones at 7:30 AM, and will target some not-too-far coffee shop for some espresso, pastries, and socializing. The ride will average around 17 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. Although this is technically a 'drop ride', we will make great efforts to keep the group together. Note that you should be able to ride the 38-50 miles at a 16-17 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.



Upcoming Organized Rides in the Area

There are lots of great organized rides in the area that cater to cyclists of all abilities (beginner to expert). Even if you don't ride with SRC, you should consider participating in some of these. Big group rides are fun!

- May 7 Shiner GASP (http://shiner.com/shinergasp)
- May 21 Real Ale Ride (http://realaleride.com) Don't miss this one! Awesome after party.
- July 24-30 RAGBRAI (http://ragbrai.com) A bucket list ride. SRC is doing it this year.
- Aug 27 Hotter'N Hell 100 (http://hh100.org) Maybe the easiest century ever. Some folks die.
- Sept 17/18 Tour de Cure (http://tour.diabetes.org) A great ride for a great cause. One of our favorites.
- Sep 17 Conquer the Coast (http://www.conquerthecoast.org) We live where there are hills. This ride has no hills. Pancake flat, man.
- Oct 16 Livestrong Challenge (http://www.livestrong.org) Love him or hate him (probably the latter), this is still a great ride for a great cause.
- Nov 5/6 Tour de Gruene (http://www.tourdegruene.com) Some of the best of the Texas Hill Country.

SPONSORS

SRC is currently updating our sponsors. If you or your business is interested in becoming a sponsor, please contact Thomas Lea (thomaslea@gmail.com).

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 require that all participants follow traffic laws and wear a helmet while on our rides.

Steiner Ranch Orthodontics Board Certified Orthodontics & Dentofacial Orthopedics



"The American Association of Orthodontists recommends all children be evaluated by an orthodontic specialist by age 7."

Problems to watch for in a growing child:

- Early or late loss of baby teeth
- Difficulty in chewing or biting
- Grinding or clenching of the teeth
- Biting the cheek or roof of the mouth
- Jaws that shift or make sounds
- Open bite, cross bite, deep bite
- Mouth breathing
- Speech difficulties
- Facial imbalances including: overbite, underbite
- Oral Habits like thumb/lip sucking or tongue thrust

Early treatment may prevent or intercept more serious problems from developing and may make treatment at a later age shorter and less complicated. In some cases, the orthodontist will be able to achieve results that may not be possible once the face and jaws have finished growing.

Celebrating 20 years in Dentistry!

As a Steiner Ranch Resident!











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			APR	L		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:00am - Tai Chi (TSCC) 9:30am - Run Lab (JS Park)	2 8:30am – SRC Ride (Cups & Cones)
7:30am – SRCC Ride (Cups & Cones)	4 8:15am – Tai Chi (TSCC) 1:00pm - 2:00pm - Writing Group (Cups & Cones) 6:30pm – Yoga (TSCC)	8:15am –Tai Chi (TSCC) 5 6:30pm – Trails CMTE Mtg (BMCC) 6:30pm – Free Workshop: Allergies 101 (TSCC) 8:30pm –Akido (BMCC)	6 8:15am - Tai Chi (TSCC) 5:30pm - Facilities CMTE Mtg (TSCC)	7 8:15am – Tai Chi (TSCC) 6:30pm - New Homeowner Social (TSCC)	8 8:15am – Tai Chi (TSCC) 9:30am - Run Lab (JS Park) 6:00pm - Scrap-A-Thon Weekend Kick Off (TSCC)	7:30am – SRC Ride 9 (Cups & Cones) 6:00am - Steiner Stars Swim Registration 8:00am-12:00pm - Community Wide Garage Sale 12:00pm - 2:00pm Post Garage Sale Drop Off IG Gene Arant Real Estate Bldg.
IO 7:30am – SRC Ride (Cups & Cones)	8:15am – Tai Chi (TSCC) 6:30pm – Yoga (TSCC)	12 8:15am – Tai Chi (TSCC 9:00am - Event Planning CMTE Mtg (Cups & Cones) 5:00pm - Casitas Board Mtg (UT Golf Club) 7:00pm - SRNA Mtg (TSCC)	I 3 8:15am – Tai Chi (TSCC) 6:30pm – Steiner Ranch Photography Group (TSCC)	I 4 8:15am – Tai Chi (TSCC) 5:00pm - Landscape CMTE Mtg (BMCC) 6:00pm - Fairways Board Mtg (TSCC)	I 5 8:15am – Tai Chi (TSCC) 9:30am - Run Lab (JS Park)	I 6 7:30am – SRC Ride (Cups & Cones)
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24 7:30am – SRC Ride (Cups & Cones)	25 8:15am – Tai Chi (TSCC) 6:30pm – Yoga (TSCC)	26 8:15am – Tai Chi (TSCC) 9:30am - Vinyasa Yoga (BMCC) 6:00pm - SRMA Board Mtg (TSCC) 8:30pm – Akido (BMCC)	27 8:15am – Tai Chi (TSCC)	28 8:15am – Tai Chi (TSCC) 6:00pm - SRROA Board Mtg (TSCC)	29 8:15am – Tai Chi (TSCC) 9:30am - Run Lab (JS Park)	30 7:30am – SRC Ride (Cups & Cones)

YOUR ADVERTISING DOLL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am - SRCC Ride (Cups & Cones)	2 8:15am -Tai Chi (TSCC) 1 - 2pm - Writing Group (Cups & Cones) 6:30pm - Yoga (TSCC)	3 8:15am – Tai Chi (TSCC) 9:30am - Vinyasa Yoga (BMCC) 6:30pm - Trails CMTE Mtg (BMCC) 8:30pm – Akido (BMCC)	4 8:15am – Tai Chi (TSCC) 5:30pm – Facilities CMTE Mtg (TSCC)	5 8:15am – Tai Chi (TSCC)	6 8:15am – Tai Chi (TSCC) 9:30am - Run Lab (JS Park)	7 :30am – SRC Ride (Cups & Cones) 2:00pm - Mother's Day Tea; Registration Required
8 Mother's Day 7:30am - SRCC Ride (Cups & Cones)	9 8:15am –Tai Chi (TSCC) 6:30pm –Yoga (TSCC)	8:15am -Tai Chi (TSCC) I O 9:00am - Event Planning CMTE Mtg (Cups & Cones) 9:30am - Vinyasa Yoga (BMCC) 7:00pm - SRNA Mtg (TSCC)	8:15am Tai Chi (TSCC) 6:30pm – Steiner Ranch Photography Group (TSCC)	I 2 8:15am –Tai Chi (TSCC) 5:00pm - Landscape CMTE Mtg (BMCC) 6:00pm – Fairways Board Mtg (TSCC)	I 3 8:15am – Tai Chi (TSCC) 9:30am - Run Lab (JS Park)	14 7:30am – SRC Ride (Cups & Cones)
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22 7:30am-SRC Ride (Cups & Cones)	23 8:15am –Tai Chi (TSCC) 6:30pm – Free Yoga (TSCC)	24 8:15am –Tai Chi (TSCC) 9:30am - Vinyasa Yoga (BMCC) 8:30pm – Akido (BMCC)	25 8:15am -Tai Chi (TSCC)	26 8:15am –Tai Chi (ISCC) 6:00pm - SRROA Board MTG (TSCC)	27 8:15am – Tai Chi (TSCC) 9:30am - Run Lab (JS Park)	28 7:30am – SRC Ride (Cups & Cones) Movies in the Park - Location and time to be announced
29 7:30am – SRC Ride (Cups & Cones)	30 Memorial Day - HOA Office Closed	3 I 8:15am –Tai Chi (TSCC) 9:30am - Vinyasa Yoga (BMCC) 6:00pm - SRMA Board Mtg (TSCC)				



Steiner Activities & Events YOUNG @HEART

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 Ranch Writers Group

Calling all writers! Poets, novelists, memoirists, songwriters, and anyone who has ever wanted to try- join us for an hour of work and friendly support from 1:00pm - 2:00pm at Cups & Cones on Monday, April 4th and 18th. 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!



FREE TAI CHI WORKSHOP

Now through June 30, 2016 Monday - Friday 8:15 - 9 am Towne Square Community Center 12400 Country Trails Ln, Austin, TX 78732 Come learn and practice Basic Forms of Chen Style Tai Chi Benefits of Tai Chi : - Relieve Stress on the body and mind - Improve Health and Physical Fitness - Enhance Self Defense capability Questions : contact 512-470-6978 or rosaliachiu@gmail.com

The annual Wag & Walk event has been postponed. We will communicate the new date once it is rescheduled.

Smile. You deserve it.

Dr. Gerard DeSantis with wife, Emily and their two children

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STEINER STARS SUMMER LEAGUE SWIM SEASON BEGINS IN MAY

The much anticipated Steiner Stars swim season begins May 2nd! Coach Kay Gerken will lead the Steiner Stars Red Team in Division I, and Coach Jeff Fellows will lead the Steiner Stars Blue Team in Division II. Both teams will compete in the Northwest Swim Circuit. Approximately 500 swimmers participated on one of the teams last summer; being part of the Stars promises to provide another summer of friendly competition, great exercise and spending time with friends.

NEW SWIMMER EVALUATIONS

The Steiner Stars Swim teams are intended to be recreational but minimum swimming requirements must be met. Swimmer evaluations will be conducted on April 3rd form 2-3:30 at Bella Mar Community Pool for non-USAA Swimmers. All new swimmers are strongly encouraged to attend.

NEW FAMILY REGISTRATION

Registration for new families will be held on April 9th. The location will be released on the Steiner Stars website (www.steinerstars.org) on April 9th at 6am. In order to register, keep in mind:

- Residents must be in good standing with the HOA
- Registrants must be residents of Steiner Ranch
- Swimmers must be 5 years or older by May 1, 2016
- Parents must commit to volunteer requirements for participation in the league
- Space in each age group may be limited

NEW PARENT ORIENTATION

New swim families are encouraged to attend the New Parent Orientation meeting on Sunday, April 24th at the Towne Square Community Center, which will begin promptly at 4pm. After the general meeting, coaches will address their team families separately.

SEASON KICK OFF PARTY

Come enjoy fun, fellowship and food at the annual Steiner Stars Kick Off party on Sunday, May 1st at Towne Square from 4-7p. All parents and swimmers of Steiner Stars are invited.

Practice Schedule: All Practices Held At Bella Mar Lap Pool

RED TEAM

May 2 - June 1: Mondays & Wednesdays, no practice May 30th-Memorial Day

Practices run from 3:30-7:30-pm, by age group. Age group is determined by the child's age as of May 1st.

Age group May 2nd - June 1st Practice Times

0017	2
Ages 9 & 10	3:30-4:40p
Ages 5 & 6	4:30-5:25p
Ages 7 & 8	5:15-6:25p
Ages 11 and up	6:15-7:30p

June 6th- July 10th Tuesday-Friday, no practice on June 30th (Red/Blue meet)

Age group June 7 - July 8 Practice Times

Ages 13 &up	7:30-8:45a
Ages 5 &6	8:35-9:30a
Ages 7 & 8	9:20-10:30a
Ages 9 &10	10:20-11:30a
Ages 11 & 12	11:20a-12:30p
•	-

BLUE TEAM

May 3 - June 2, Tuesdays & Thursdays

Practices run from 3:30-7:30-pm, by age group. Age group is determined by the child's age as of May 1st.

Age group May 3rd - June 2nd Practice Times

	2
Ages 9 & 10	3:30-4:40p
Ages 5 & 6	4:30-5:25p
Ages 7 & 8	5:15-6:25p
Ages 11 and up	6:15-7:30p
June 7th- July 10th	Monday- Thursda

June 7th- July 10th Monday- Thursday, no practice on June 30th (Red/Blue meet) and July 4th

Age group June 6th - July 8th Practice Times

1:30-2:30p
2:15-3:15p
3:00-4:15p
4:00-5:15p
5:00-6:30p

SHOOTING STARS

The Shooting Stars developmental team is no longer being offered.

NON-RESIDENTS

The Steiner Stars Swim Teams are no longer accepting non-resident swimmers; non-resident families who participated in the 2015 season will be grandfathered in.

We are looking forward to a fun-filled summer swim season. Go Stars!



Gold Stars Swimming Developmental Swim Team (Formally The Shooting Stars Program) Program begins July 12th & goes through August 4th, 2016

Practice Times: Tuesday/Wednesday/Thursday: 8:30-9:30 am, 5-6 year olds Tuesday/Wednesday/Thursday: 9:30-10:30 am, 7-8 year olds Participants must know to swim. This is not a learn-to-swim program Cost: \$165 Contact Hollie at goldstarsswimming@austin.rr.com or 512-505-8688 for more information

Water Aerobics Start In May: Register Now

Want to exercise, but can't get motivated? Perhaps the pavement plays havoc on your knees, legs or hips. Or maybe you just don't want to exer-cise by yourself. Try water aerobics! Classes start in May and will go through September at the Towne Square Pool.

WHEN:	Monday/Wednesday, 6:45 pm
	Tuesday/Thursday, 9:00 am
COST:	8 classes per month: \$48
	16 classes per month: \$96
REGISTRATION:	Call Ann @ 512-266-4780 or email
	askenne-dy@austin.rr.com.

Sign up will take place prior to the first class of every month. Classes are 50 minutes long, will incorporate a full body workout in the water and are led by a certified water aerobics instructor. Some of the benefits of water aerobics fitness are:

*strengthens & improves muscle tone

- *enhances muscular flexibility
- *increases range of motion
- *improves posture & physical appearance

*relieves tension & stress

- *increases energy levels & stamina
- *burns calories
- *strengthens the cardiorespiratory system

Join us for lots of fun and great workouts to music. It's an opportunity to meet your neighbors and make new friends, while getting/staying in shape. Adult men and women welcome. This program is available to Steiner Ranch residents only.

YEAR ROUND SWIMMING PROGRAM FOR ADULT

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!



Around Steiner





Would you like a job that helps your community? Enjoy working with kids? Want summers and holidays off? Travis County is currently seeking backup school crossing guards for all three elementary schools in Steiner Ranch. Backup school crossing guards are paid \$13 per hour, and typically work an hour morning shift and an hour afternoon shift, when needed. Backups are also given first

consideration for regular daily positions. Most of the Steiner Ranch crossing guards have children at one of the community schools or are retired community members, wanting to give back. Anyone in the community is welcome to apply! Crossing Guards are vital to ensuring the safety of children walking to and from school - our guards love their jobs and their community! For more information, please contact DeQuincy Johnson at 512-848-7725, or apply immediately at: www.traviscountytx.gov/human-resources/jobs

Earth Day Celebration For The Balcones Canyondlands Preserve At Concordia University

Join us on April 22nd from 9:00AM-2:00 PM at Concordia University (11400 Concordia University Dr., Austin TX) as we celebrate 20 years of preservation through the Balcones Canyonlands Preserve (BCP) by opening this normally-restricted area of the BCP to the public!

Come explore Concordia University's 260 acres of the BCP, including 2 trails. See the headwaters of Bull Creek, a functioning riparian system in connection with the Texas Hill Country upland prairies, as well as native plant and animal species. Texas Master Naturalists will be on hand to provide guided informational tours through the BCP from 9:00 AM to 2:00 PM (sign-up required). In addition, guest lecturer Ms. Valarie Bristol will speak about this wonderful Texas resource. A raffle and other outdoors activities also will be available.

Sign up for guided tours here: http://www.signupgenius.com/go/30e0b44a8aa29a7f49-concordia



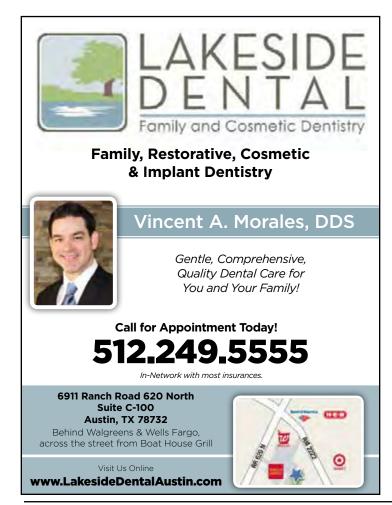
Wild Basin Celebrates 10 Years In Steiner Ranch

Submitted by Alica Harrison

Fulfilling a dream, personal trainers Kirk and Julie Leavell opened Wild Basin Fitness 10 years ago this August. In a community where on any given day you can find people running, cycling, hiking, walking dogs or shuffling their kids to activities or sports, stating that Steiner Ranch is an active community is an understatement. The Leavells joined forces with co-owners Tom and Alica Harrison — all Four Points residents — to create a community-serving gym focused on a personalized and friendly level of service that's often hard to find in larger gyms.

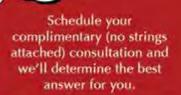
Eager to share their knowledge of health and fitness with the community, the Leavells created programs and classes to fit a variety of needs, schedules and ages without intimidation or judgment. Walk

(Continued on Page 28)



Should I Sell Now?

Everyone's situation is different and you deserve a realtor who will take the time to help you figure out your options.



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Around Steiner

(Continued from Page 27)

into Wild Basin on any day, and you'll find a welcoming community of WBFX Student Athletes, parents, runners, professional athletes and retired veterans. And since you're in the Live Music Capital of the World, you might run into a musician or two.

Over the last 10 years, Wild Basin has provided personalized training options for those not only wanting to look fit but also for those looking for a sustainable and healthy way of life by concentrating on functional fitness and form. In addition to their long-tenured personal trainers and class instructors, Wild Basin has teamed up with Drs. Mike Bhatt and Ryan Anderson of Pinnacle Sports Performance and Rehabilitation, nutritionist Lindsay Cotter of Cotter Crunch and occupational and massage therapist Amy Sanders. Seeing members' health as an entirety has contributed to the success of the gym, empowered members and has shaped a welcoming, open community atmosphere that you're hard-pressed to find elsewhere. The Leavells, the Harrisons and their staff are excited and grateful to celebrate this 10-year milestone, and they're looking forward the next 10 years with the Wild Basin family.

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April is National Food Month!

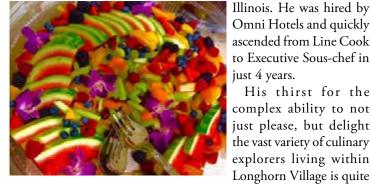
Submitted by Tom Henry, Community Relations at Longhorn Village

April is not only National Food Month, but indeed celebrates a plethora of glorious favorite provisions of the masses; including, but not limited to: National Brussels Sprouts and Cabbage Month; National BLT Sandwich Month; Cranberries and Gooseberries; Pecans; Garlic; Soft Pretzels; Grilled Cheese Sandwiches; Soy Foods; Tomatillos and Asian Pears; Fresh Florida Tomatoes- the delicacies commemorated in the month of April alone could provide endless nourishment for the most refined of palates. In recognition of this great bounty of nature's goodness, my quest to do justice



by this article begins and ends with one of the finest purveyors of exquisite cuisine in our neighborhood.

Chef de Cuisine, Joel Jones of Longhorn Village has the creative genius and savoir faire worthy of Michelin Star recognition (in my very humble opinion - I just rented the movie "Burnt" with my wife; so I know about these things). Joel worked his way through the industry, starting at age 13 washing dishes at a small pizza house in



simply unparalleled.

With a "Plow to Plate" philosophy, dining selections are prepared with only the finest local ingredients whenever possible. Having full control of the menu, Chef Joel selects his produce from local growers who deliver 6 days a week. Beef selections are Prime Grade from local ranchers, and Spirits are offered from Texas distilleries. Fresh fish deliveries are made 3 days per week, and most offerings come from The Gulf, including the shrimp and lobster.

(Continued on Page 29)

His thirst for the

(Continued from Page 28)

Of course the creative genius within inspires him to constantly reach for new and exotic delights including elk, antelope, crab-stuffed flounder, Northern Pacific halibut and Maine lobster.

He offers his staff the same opportunities to explore their creative



talents by encouraging them to prepare samplings for the team to experience, and if they make the grade will be presented on the menu. Each evening, the fine dining crew assembles for a "family meal" tasting of the selections of the night (yep, just like in the movie)

Chef Joel also embraces critique from The Culinary Committee, which is made up of Longhorn Village residents who offer feedback at regular monthly meetings. All resident input and comments, whether positive or negative, are read daily to staff members and are published to The Culinary Council for review.

Dietary restrictions, preferences, or choices are known on an individual basis to allow each resident to enjoy the full dining experience without having to explain or make special requests.

Another closely held philosophy spread throughout his team



is an emphasis on full flavor, portion controlled options that allow for a greater individual choice plated in small or regular sizes.

I have had the great pleasure of working with Chef Joel and presenting his distinguished

works of art at business meetings all over the Austin area. It has become common for my clients to ask when I schedule a lunch meeting if it will be prepared by our Chef again. I often tell him he makes my work not only easier, but that there is a sense of pride in knowing I will be greeted at the door with anticipation, and a sense of admiration knowing my presentation will be remembered for his creative talent.

A good cook is a peculiar gift of the gods. He must be a perfect creature from the brain to the palate, from the palate to the finger's end – Walter Savage Landor



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News You Can Use

Adolescents and Anxiety

Submitted by Shelley Coleman M.A., L.P.C.-S.

Recently, I was fortunate to have the opportunity to speak to the Canyon Ridge Middle School PTA members at their monthly meeting. Specifically, I was asked to speak on Anxiety and Children. As a parent of a middle school child and therapy provider for adolescents, this subject is more than relevant to me.

In my therapy practice and in my home, I see the increasing social and academic pressures for our kids. Recently, a poll conducted by NPR along with the Robert Wood Johnson Foundation and the Harvard School of Public Health, found that nearly 40% of parents said their high school kids are experiencing a lot of stress from school. Specifically, longer homework sessions, high stakes testing, and more competitive college admissions are the drivers. In my own school district and community, the options for extracurriculars are countless and the sizeable academic menu of choices is growing.

I realize that my children are incredibly fortunate to have these amazing opportunities. I also realize that with great opportunity comes great responsibility. How can I help my child find the balance between exposure to these resources and the ability to manage their schedules without creating an environment that is overwhelming and anxiety provoking?

These are questions, of course, that families have to answer for themselves. Just as individual families have varying priorities; children vary on the types of schedules they can manage.

To be sure, adolescence is an anxious time. As a parent, we can play a key role in how our children experience anxiety. Some things we can do as parents are:

- Recognize and help children identify anxious feelings
- Help children develop coping strategies
- Express positive and realistic expectations
- Validate feelings but don't empower them
- Encourage tolerance of anxious feelings
- Model healthy ways of managing stress and anxiety

By helping our children to identify and express their anxious feelings, we can begin to address concerns. Like all uncomfortable emotions, anxiety is a normal response that serves a purpose. Helping our children label and express their feelings can be anxiety reducing. Learning to recognize, express, tolerate, and manage anxiety is a priceless skill. As role models for our children, coping with our own stress and anxiety can serve as a valuable example.

Parents can model good stress management by making sleep, nutrition, and exercise a priority. We can learn to recognize our personal limits for demands of our time and resources and set healthy boundaries. And, when indicated, we can utilize professional resources like school counselors or independent therapists.

If you think your child may have an issue with anxiety, there are several symptoms you may notice. Behaviorally, teens may engage in unhealthy coping behaviors such as drug and alcohol use. They may limit or avoid activities in an attempt to reduce anxiety. Physically, teens may report sleep disturbances, headaches, stomach aches, or symptoms such as racing heart, dizziness, and muscle tension. You may notice that symptoms are consistently very intense and go on for a long period of time. Contacting a professional therapist can be of value in assessing the severity of the anxiety and determining if counseling is indicated.

As parents, we are instrumental in helping our children become healthy, resilient individuals. By setting realistic expectations and helping our children to prioritize their schedules we can teach them to set healthy limits and not over extend themselves. We can teach them to tolerate and manage their own anxiety. And, when necessary, we can seek out professional help.

Shelley Coleman is a Licensed Professional Counselor and Supervisor. She is in private practice in Lakeway where she provides play therapy, child and adolescent counseling, family therapy, group therapy, and parent education. She can be reached at shelleybcolemalpc@gmail.com





Wildfire Community Preparedness Day

When: Saturday, May 7, 2016, 9:00 a.m.—3:00 p.m. Where: Lady Bird Johnson Wildflower Center 4801 La Crosse Avenue Austin, TX 78739

This event is free, but seating is limited! Lunch and beverages provided Register at: Wildfire Survival Symposium

Topics covered will include:

- Evacuation Readiness: Key to Surviving Wildfire
- Protect your home so it can protect you
- Insuring for wildfire: Knowing what's at Stake
- Fire-Adapted Families: Protecting what Matters Most Wildfires are a fact of life in Central Texas. But that doesn't mean we are powerless against them.

Questions? Contact Justice Jones at (512) 974-0199 or via e-mail at justice.jones@austintexas.gov.



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STAGE 1 OUTDOOR WATERING SCHEDULE

NO MORE THAN 2 DAYS PER WEEK IF NEEDED

> Residential: May 1 – September 30 Commercial: Year Round

AUTOMATED IRRIGATION WATERING SCHEDULE

Automated irrigation: Irrigation by means of a system controlled by a timer or other remote controller.

No automated irrigation may be done between 10:00 a.m. and 7:00 p.m.

Between 12:01 a.m. and 10:00 a.m. or 7:00 p.m. to 11:59p.m. Addresses ending:

Monday & Thursday Tuesday & Friday 0, 1, 2, 3 (Res)

Tuesday & Friday4, 5, 6 (Res) and Commercial / HOAsWednesday & Saturday7, 8, 9 (Res)

Note: Customers that utilize automated systems may NOT water the same landscape areas using hose end sprinklers; only hand held hose if additional water is required.

HOSE END SPRINKLER WATERING SCHEDULE

Hose end sprinkler: Garden hose equipped with a removable portable sprinkler which is moved from place to place

by hand and turned on and off by hand. Note: For Customers who do not have automated irrigation systems

Any Day, Between 12:01 a.m. and 10:00 a.m. or 7:00 p.m. to 11:59p.m.

No watering between 10:00 a.m. and 7:00 p.m.

Restrictions:

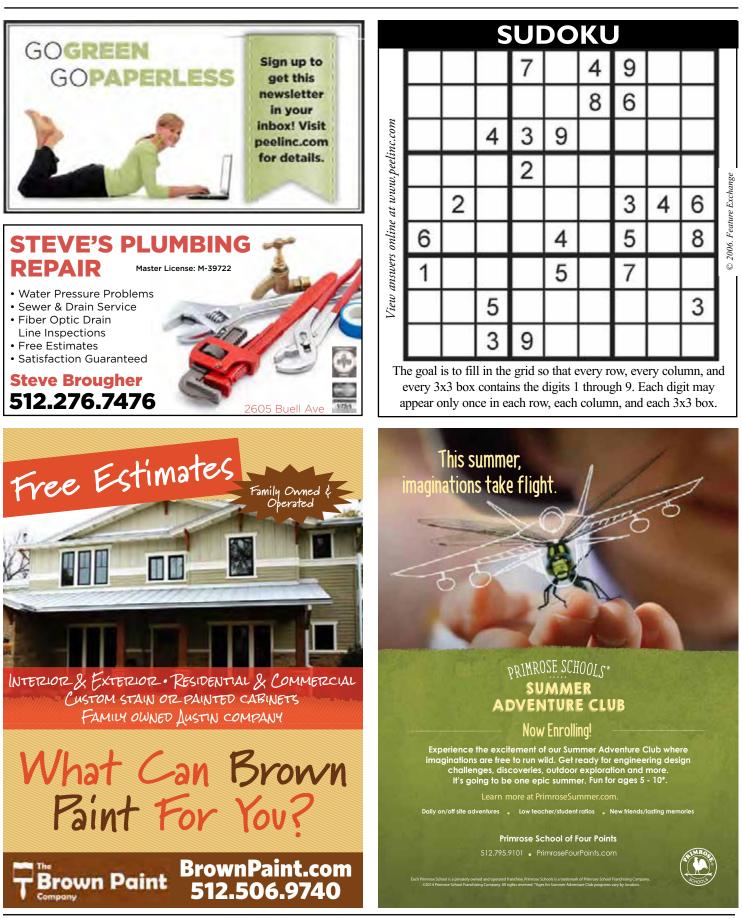
* Watering with a hand held hose, soaker hose, bubbler, drip irrigation or watering can of 5-gallons and less is allowed any day, any time

* Climate driven irrigation controllers should be turned on.

* No other water uses are restricted under this Stage

*All variances may be granted under this Stage





Currently Accepting Reservations



~Easter Brunch~

Sunday, March 27, 2016



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<u>News You Can Use</u> APRIL GARDENING TIPS

Offered by WeekendGardener.Net

Use the below information to determine what gardening tasks you want to accomplish this month.

Planning

When purchasing bedding annuals this spring, choose properly grown plants with good color. Buy plants with well-developed root systems that are vigorous, but not too large for their pots. Plants that bloom in the pack are often root bound and can be set back for several weeks after being transplanted. Plants not yet in bloom will actually bloom sooner, be better established and grow faster.

For hot-weather color, select one of the following: Gloriosa Daisy, Madagascar Periwinkle, Ornamental Peppers, Mexican Zinnia or Amaranthus 'Joseph's Coat. Plan to attract hummingbirds to your garden this year by planting red or orange flowers. Monarda (common names: beebalm, horsemint, Oswego tea, and bergamot) is a good perennial plant that thrives in sun and provides nectar for these small birds.

Planting

Begin to plant seedlings of warm-season vegetables such as tomatoes, peppers, and eggplants. You can also start your pumpkin seeds now. Sow beets, beans, cucumbers, carrots, lettuce, sweet corn and

radishes

Plant herbs such as thyme, sage, parsley, chives and basil

Sod or sow new lawns, and over seed damaged older lawns

Start planting out warm season annuals such as impatiens, marigolds, petunias, sunflowers, zinnia, lobelia, alyssum

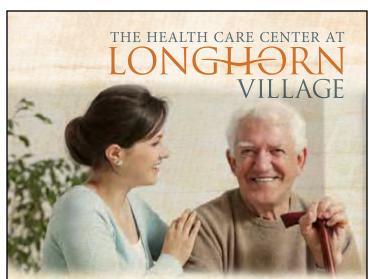
Finish planting summer-flowering bulbs like tuberose, gladiolus, dahlias, and callas

Plant chervil, coriander, dill, rosemary, and summer savory outside after the last spring frost date for your area. Your Extension agent should be able to give you the date.

Maintenance

Mulch soil to save water, smother weeds, keeps soil cooler. Spread 1-3 inches (2.5-7cm) of bark chips, compost, wood shavings, or other organic material under shrubs trees, annuals and vegetables. Thin vegetables that were sown too thickly, like basil, carrots, green onions, or lettuce. Prune spring-flowering shrubs and trees after bloom is over.

Fertilize everything right now, but do not feed spring-flowering shrubs like azaleas, camellias, and rhododendrons until after they have finished flowering. Use an acid based fertilizer. They also should be pruned after blooming.



Continue your journey, discover new strengths.

Your health is at the heart of everything we do. From everyday assistance to rehabilitation, skilled nursing, and memory care, our team of health experts is focused on you so that you can focus on getting the most out of life.

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In Every Issue

BUSINESS CLASSIFIEDS

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ARE YOU READY TO TACKLE THAT PROJECT? Downsizing? Decorating? Organizing Garages/Storages? Decluttering? Feeling overwhelmed with all your have dos? Extra Hands 4 You, LLC is here to help! call/text: 512-228-8459. www.extrahands4you.com. We serve the overwhelmed.

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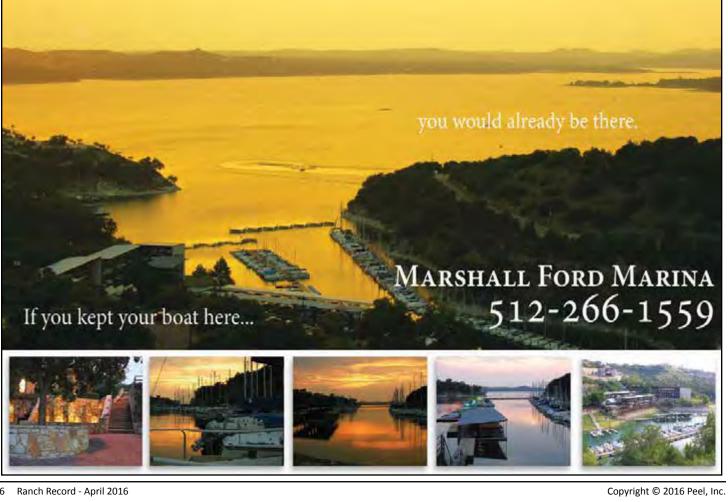
THE HANDYMAN CAN: Multi-yr. Steiner resident available for honey-dos, inspection punch lists, plumbing repairs, hang pictures, fans & lights. Assemble most anything; furniture, Ikea, etc. You name it I can probably do it. No job too small, no minimum. Many 100% satisfied Steiner clients. Richard 970-9616.



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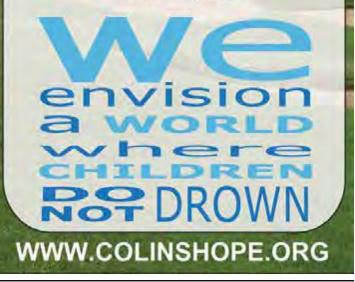


JOIN US FOR GOLF AND A GREAT CAUSE!

DATE: Wednesday, April 27th 11:00 am Registration - 1:00 pm Start LOCATION: Flintrock Falls Country Club FORMAT: 4-person scramble COST: \$165 per golfer* *Includes lunch, dinner and lots of swag

> Register online at: www.colinshope.org

Questions about the event? Contact Kim Flasch or Wendi Baldwin (512) 750-8161 or (512) 657-3067 info@colinshope.org



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Ranch Record



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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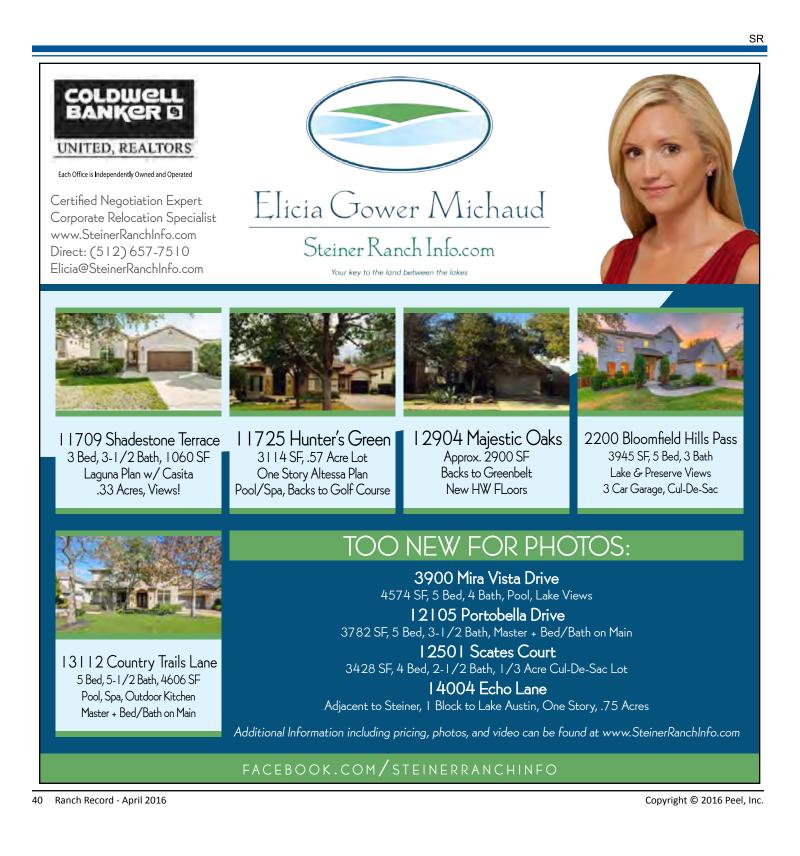


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Ranch Record - April 2016 39





Spotlight

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DIRECTORY FOUR POINTS EDITION

SPRING 2016

QUARTERLY BUSINESS

Photo by Chris Diaz, Shutterbug Studios

Spring Forward with GOOD FOOT CARE

Ana Urukalo, DPM ADC. Podiatrist Steiner Ranch



Show your feet some love this spring!

According to estimates from the American Podiatric Medicine Association, the average person will travel 75,000

miles on their feet by the time they reach the age of 50.

Popular shoes like high heels and flip-flops lack good arch support so, it is no wonder many Americans are often complaining of tired, achy feet.

Feet need to last a lifetime, so ADC podiatrist, Ana Urukalo, DPM shares her tips for keeping your feet in tip-top shape this season.

Wear the appropriate shoe for the activity.

You might think this is common sense, but how many people still mow the lawn in flip-flops? Wearing the correct footwear for whatever activity you are doing will limit your risk of injury.

Wear the right size shoe.

Although feet do not actually "grow" past our teenage years (when growth plates close) they do "lengthen and widen" as we age. Dr. Urukalo recommends checking your shoe size at least once a year. Wearing shoes that are too small can cause hammertoes, bunions and ingrown toenails.

Change up your heel height.

If you wear high heels, be sure to alternate between high and low heels daily to limit your risk of injuring your tendons and muscles.

Apply sunscreen to the tops of your feet.

Remember to extend the sunscreen past your ankle and in-between your toes to help limit your skin cancer risk.

Take a nail polish vacation.

Going without polish every few months will keep your nails from becoming brittle or developing a fungus.

Dry your feet thoroughly after bathing.

Make sure your feet are dry, including between your toes, before putting on socks and shoes to decrease your chances of developing athlete's foot fungus.

Retire your running or walking shoes after six months or 500 miles.

The inside and support for your shoes begin to break down after repeated use. Replacing your shoes regularly will reduce the risk of foot and heel pain.

Keeping your feet in tip-top shape will reduce your risk of injury or pain. If you have had a nagging foot pain that hasn't gotten better with rest or home remedies, make an appointment with a podiatrist, your feet will thank you.

Dr. Urukalo is a board-certified, podiatrist practicing at ADC's Steiner Ranch Clinic where she is also an active resident in the Steiner Ranch and Lake Travis area. She joined ADC in 1999.



Resources http://www.crozerkeystone.org/news/press-releases/2013/april/treat-your-feet-april-is-foot-health-awareness-month/APMA.

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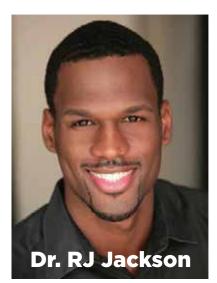
Braces at 7-Years-Old, Is That Too Young?

For years, orthodontics have been a "reactive" profession. Parents would slowly watch their child's teeth go from bad to worse while waiting for the baby teeth to fall out, then finally visit an orthodontist for a set of braces. Today, orthodontics has evolved into a "prevention focused" profession. Longterm research studies have proven that preventing a problem from occurring is better than allowing the problem to occur and then fixing it. The American Association of Orthodontics (AAO) and the American Board of Orthodontics (ABO) both recommend every child have an evaluation no later than age 7. Timing is of the essence, because the ability to correct certain problems greatly diminishes as the child develops over time.

Early detection and correction can also prevent future extractions, improve self-esteem, decrease the overall cost of orthodontic treatment, and decrease the chances of dental complications later on. Another benefit of early correction includes improved stability which decreases the likelihood of teeth shifting back to the original, improper position later in life.

Although there are many benefits to treatment at an early age, it is not recommended for every child. Children treated unnecessarily can negatively impact their dental health, and increase the total overall expenses for parents. This is one reason it is imperative for parents to choose a board-certified orthodontist for treatment. A board certified orthodontist has demonstrated competence and is held accountable for their work by the American Board of Orthodontics. Only 1 out of 3 orthodontists are board-certified, so do not make the mistake of assuming an orthodontist holds this recognition. Your board-certified orthodontist will inform you if the time is right for orthodontic treatment.

Contact RJ Orthodontics today to schedule a complimentary examination with a boardcertified orthodontist.



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Located Behind the Walgreens at the Intersection of 620/2222

Problems to Watch for in Growing Children

Malocclusions ("bad bites") like those illustrated below, may benefit from early diagnosis and referral to an orthodontic specialist for a full evaluation.



Crossbite of Front Teeth

Top teeth are behind bottom teeth



Crossbite of Back Teeth

Top teeth are to the inside of bottom teeth



Crowding



Open Bite

Front teeth do not meet when back teeth are closed



Protrusion



Deep Bite



Underbite

The lower teeth sit in front of upper teeth when back teeth are closed



Spacing



Oral Habits Sucking on thumb, fingers

In addition, if you notice any of the following in your child, check with your orthodontist:

- early or late loss of baby teeth
- difficulty in chewing or biting
- mouth breathing
- jaws that shift or make sounds

- speech difficulties
- biting the cheek or the roof of the mouth
- facial imbalance
- grinding or clenching of the teeth

Final treatment decisions should be made among the parent, child's dentist and orthodontist.

Four Points Spotlight

The Four Points Spolight 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 July. Call to reserve your space today: 512-263-9181.



Thank you so much for guiding me through the ad process! This was the first time that I've advertised my tutoring in a publication and you made it so easy! Your team did a great job of creating the ad - it looks very professional and it was extremely effective! I only ran my ad twice and the students who found me through your publication have already more than compensated me for the cost of the ad. Thank you!

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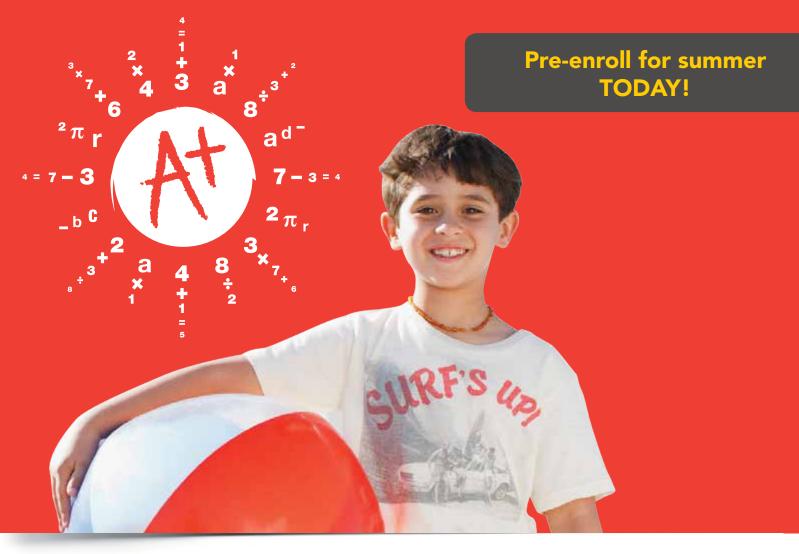
All of our training programs are conducted by highly trained personal trainers and are available for individuals, small groups, and families. Come see us for more information or to try a free session.

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Summer Fun Join in on our Game Days on Fridays from 10am-12pm! Enjoy fun games for each age level to develop logic and number sense!