

RANCH RECORD

Official Newsletter for the Steiner Ranch HOA

VOLUME 10 ISSUE 7 JULY 2016







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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

Monday - Thursday 1:00pm - 5:00pm

OFFICE HOURS

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EMERGENCY911
Fire
Ambulance 911
Sheriff – Non-Emergency512-974-0845
Travis County ESD No.6/Lake Travis Fire Rescue
Administration Office512-266-2533
Travis County Animal Control512-974-2000
STEINER RANCH CONTACTS
Steiner Ranch Community Association Office512-266-7553
SCHOOLS
Leander ISD512-570-0000
Vandegrift High School512-570-2300
Canyon Ridge Middle School512-570-3500
Laura Welch Bush Elementary512-570-6100
Steiner Ranch Elementary512-570-5700
River Ridge Elementary512-570-7300
UTILITIES
Travis County WCID # 17512-266-1111
City of Austin Electric
Texas Gas Service
Custom Service1-800-700-2443
Emergencies
Call Before You Dig1-800-344-8377
AT&T
New Service
Repair
Billing
Time Warner Cable
Customer Service
Repairs512-485-5080
TDS (Trash & Recycle)
Austin/Travis County Hazardous Waste512-974-4343
OTHER NUMBERS
Lake Travis Postal Office512-263-2458
Coyote Sightings
NEWSLETTER PUBLISHER
Peel, Inc
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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 <code>communications@steinerranchhoa.org</code>. The deadline is the 8th of the month prior to the issue.

COVER PHOTO

Wishing all Steiner Ranch residents a safe and happy Fourth of July!

Have a photo you would like to see published in the next Ranch Record? Send pictures to communications@ steinerranchhoa.org. for consideration no later than the 8th of the month prior to publication. Your photo might just be next month's cover!

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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2016 STEINER RANCH EVEN TS

Mark Your Calendars Now For These Upcoming Steiner Ranch Social Events!

JULY

7/2 Movies in the Park7/3 Decorate Your Ride7/4 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 Homeowner Social10/7 Fall Scrap-A-Thon10/23 Pumpkin Patch10/30 Trunk or Treat

NOVEMBER

11/5 Camping On The Ranch11/12 Holiday Sale Shopping Event

DECEMBER

12/8 Volunteer Appreciation Party 12/10 Breakfast With Santa

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

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From the Association Office

RANCH REPORT

The Association office has reallocated maintenance staffing, specifically during weekends, to provide greater coverage in an effort to better maintain community facilities. Recently there have been occurrences of pool furniture being thrown in to community pools, mattresses and large tree limbs have been discarded at the Towne Square dumpsters, the Lake Club has been mistreated, and littering around the neighborhood is an issue. Please do your part to maintain the beauty of Steiner Ranch and abstain from littering, dumping and misusing facilities. Should you see a problem, report issues to the Association office or Sheriff's department when appropriate.

I wish everyone an enjoyable Independence Day and hope residents enjoy the new family festivities the Association and Event Planning Committee have planned for this year's Fourth of July celebration. Have a safe and happy holiday!

Randy Schmaltz Executive Director Steiner Ranch Homeowners' Association



Post Office Complaints

If you experience a problem related to your mail, (misdelivered mail, lost packages, etc.) and are not satisfied after contacting the Lakeway Post Office (512-263-2458), you may make a complaint by calling the Consumer Affairs Division of USPS at 1-800-ASK-USPS or mail a written complaint to:

Consumer Affairs United States Postal Service 1 Post Office Drive San Antonio, TX. 78284-9631



FIREWORKS / FIRECRACKERS PROHIBITED

Steiner Ranch Fireworks Policy

Homeowners are reminded that fireworks within Steiner Ranch, unless prior written board approval has been granted, are prohibited by Steiner Ranch Master Association and Steiner Ranch Residential Association documents. There are a number of reasons for this:

The use of fireworks places homes at serious risk of fire.

The topography and green space of Steiner Ranch is conducive to fires.

Federal rules regarding management of the Balcones Canyonlands (which borders Steiner Ranch) impose significant restrictions on activities that may affect wildlife therein. Serious penalties for violation can be imposed by federal officials.

Homeowners are entitled to the peaceful enjoyment of their property.

Should you believe a violation is occurring, please contact the Association Office, at (512) 266-7553 as soon as possible or immediately following an occurrence. Physical and/or photographic evidence is helpful in substantiating a violation.



Overnight Parking, Boats & Watercraft Storage Reminders

Per Steiner Ranch governing documents, no automobile or other vehicle may be parked overnight on any roadway within the community. Boats and watercraft must be stored in an enclosed space at all times. Storing watercraft in driveways or on the street is not allowed.

To report overnight street parking or watercraft violations, visit www.steinerranchoa.org and click "report a problem".

Thank you for helping the Association uphold Steiner Ranch rules which serve to protect and maintain the appearance and safety of the neighborhood.

Association Assessment Payments Due



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

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

Payments may be mailed to the address listed on your statement, or brought to the Association office at 12550 Country Trails Lane to avoid an on-line fee.

Please note, you may lose resident privileges such as pool access, facility rental, and attendance at, or registration for, social functions and programs, if you have delinquent assessment.





It's Time For Our Greatest Fourth Of July Celebration!

Monday, July 4th 9am-1pm Towne Square

Get ready for a Steiner Ranch Fourth of July celebration unlike any other! This year's event will include water slides, carnival games, a rock wall, kiddie train, bungie jumping, carnival swing, balloons, face painting, and music. Steiner Ranch residents, families, and friends are invited to attend this festive event, which is organized by the Steiner Ranch Event Planning Committee/HOA.

The annual Steiner Ranch Independence Day parade will kick off at 9am. Please arrive on time to participate. Children are invited to bring their decorated bikes, wagons and scooters. Parents are invited to bring their decorated strollers and wagons and participate on foot. Kona Ice and Cups & Cones will be onsite selling refreshments. Join your neighbors for a fun Fourth of July Celebration!





Decorate Your Ride! Sunday, July 3, 2016 5-7PM Towne Square Pavilion

Get ready for the Steiner Ranch Fourth of July parade, and come decorate your bikes, wagons, scooters and strollers. The HOA will supply streamers, stickers and other decor to help kiddos deck out their ride in patriotic fashion! Kona Ice will be on hand, so bring cash if you would like to purchase a snowcone.

Register at:

www.eventbrite.com/e/decorate-your-ride-for-the-parade-2016-tickets-26012515133

Vandegrift Vipers Band & Vision Dance Company Annual March-A-Thon

Scheduled for Saturday, August 13, 2016 8:00 AM - 12 PM

Vandegrift Vipers Band & Vision Dance Company continues its annual tradition of marching through the residential streets of Steiner Ranch as a fun fundraiser to kick off the school year of 2016-2017.

The event will be held Saturday, August 13, 2016 from 8:00 AM to 12 PM.

More than 300 students in the band and dance company will participate in a route surrounding John Simpson Park, playing a variety of music, building school and community spirit, and raising funds for the award winning organization.

Residents can book private concerts in front of their homes along the route, make donations on the route, as well as mail in donations.

To schedule a private concert, obtain more information, and to make a pledge, please visit: http://vhsband.com/fundraising/marcha-thon.

VHS Band & Vision were Silver Medalists (2nd place) in the 2015-2016 UIL State Marching Contest, 5A Division. They move up to 6A Division this year.





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Steiner Activities & Events

Concert In The Park Is Next Month:

Save The Date For Our Most Attended Event Of The Year!

Saturday, August 13th 7:00pm - 10:00pm Towne Square Fields

Steiner Ranch Concert In The Park returns on Saturday, August 13th with performances by the fantastic Vandegrift High School Band, renowned Vandegrift Legacies Dance Team, "Second To None" Vandegrift Cheerleaders, and the one and only "Suede"!

Activities for the entire family will include water inflatables, bungie jumping, interactive games, and more. Food and beverages from local restaurants will be available for purchase, and attendees are welcome to bring their own refreshments. It is recommended residents bring lawn chairs and blankets. Join your neighbors and friends for a great time of music and family fun!





Thank you to the following sponsors for supporting this fantastic community event: Flagship Sponsor:

The Steiner Ranch Homeowners' Association

Gold Sponsor:

Austin Baptist Church

Silver Sponsors:

Austin Diagnostic Clinic, Steiner Ranch
Camp Gladiator

Dr. James Waters, Steiner Ranch Orthodontics
Gene Arant Team
Gary Shanahan, State Farm
Randall's, Steiner Ranch
RBFCU, Steiner Ranch

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The Goddard School, Steiner Ranch
Menchies, Steiner Ranch
Natural Pawz, Steiner Ranch
The Pig Joint

Shannon Kramer, Keller Williams Bartlett Real Estate Sportball

> Tap~N~Toe School of Dance Texas Stars Hockey Wild Basin Fitness

Nonprofit Sponsors:

Hill Country Education Foundation Longhorn Village Steiner Ranch Hill Country Bible Church Vandegrift High School Vipers Band & Vision Dance Company

Concert In The Park benefits Leander ISD's program to purchase school supplies for the district's less fortunate. Donate by visiting: www.steinerranchconcerts.com, or visit our booth at the event.



FREE ACTIVITIES FOR RESIDENTS

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

Aikido 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

FREE HEALTH WORKSHOPS

The following free workshops are offered by Steiner Ranch resident and physician, Dr. Benjamin Rosin:

July 14th at 7:00pm Towne Square: The Value of Sunscreen

August 11th at 7:00pm
Towne Square: Exercise to Prevent CVD & Disability



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SUMMER CAMPS IN STEINER RANCH

There's still time to register your kiddos for summer camps here on the Ranch! Visit the HOA Events Facebook page, website or stop by the HOA office for our Summer Guide. Camps and programs offered include:

KIDS PROGRAMS & CAMPS

Lonestar Soccer
Soccer Shots
Sportball
Neighborhood Sports
Steiner Tennis
Kidventure
Mad Science
Lake Bridge Sports
Gymnastics
Developmental Swimming & Lessons

ADULT PROGRAMS

Water Aerobics
Camp Gladiator
Free Yoga
Free Run Lab
Free Tai Chi
Free Aikido



✓ Check In for a Check Up



Walk-In Well-Check Exams Near Steiner Ranch



ARC Wilson Parke

11714 Wilson Parke Ave, Ste 150 Austin, TX 78726

737-247-7200

Walk In or Schedule

a Well-Check Appointment

ARCWilsonParke.com



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

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.

Steiner Ranch Cycling is powered by Lakeside's awesome burgers (such as their Bacon Avocado Burger) and refreshed by their beer (we prefer Austin's own Independence Brewing Stash IPA which is on tap now). Join us there after the ride on Saturdays to refuel and recover!

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!

- 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

Austin City Living Patten Law Firm Dream Smiles Dental Cyclist Law Lakeside Pizza & Grill

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 Camera Club



If you missed our recent Camera Club meeting, you missed an amazing lesson in Natural Light Portraiture, by Steiner Ranch's Resident Professional, Tim Babiak, owner of Exquisite Photography. In a hands-on tutorial, Tim taught the group how to identify prime locations, how to pose your subjects, and how to "See The Light", in order to capture the most beautiful portraits.

The Steiner Ranch Camera Club provides an informal, friendly, and supportive environment for photographers at all levels of experience,

and with interests in all genres of photography.

The club meets on the second Wednesday of each month. The easiest way to get involved is to "Join" us on "Facebook" at "Steiner Ranch Camera Club". There, you can chat with other club members, post pics, ask technical questions, and keep up with our meeting/event schedule.

If you have questions, contact Jeff Wagner at jeffamy3@mac.com, or Tim Babiak of Exquisite Photography, at tim@exquisite.photo. You can also reach us on Facebook at the "Steiner Ranch Camera Club" group page.



Annual Shred Event Results in 7,640 Pounds Of Shredded Paper

Seven thousand six hundred and forty (7,640) pounds of paper was shredded and recycled at the annual Steiner Ranch Shred event which took place on Saturday, May 21, 2016. Wow! All documents were shredded immediately while residents watched, as the Balcones Shred truck is equipped with a camera. The HOA is happy to provide this complimentary service to residents.

YOUNG PHEART

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.

WATER AEROBICS

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 exercise by yourself. Try water aerobics! Classes go through September at the Towne Square Pool.

WHEN: Monday/Wednesday, 6:45 pm

Tuesday/Thursday, 9:00 am 8 classes per month: \$48

16 classes per month: \$96

REGISTRATION: Call Ann @ 512-266-4780 or email

askennedy@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

COST:

*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.

Steiner Ranch Pool Rules

The Steiner Ranch pools are for your use and enjoyment. Residents must advise children and their guests of the rules and safety precautions. The following rules must be observed at all times.

The common areas are owned by the Steiner Ranch Master Association ("SRMA") and the Steiner Ranch Residential Owners Association ("SRROA"). They are available to residents, in good standing, of the SRMA and SRROA and their guests.

The pool hours during summer season are as follows:

Bella Mar Pools

 $\begin{array}{ll} Monday & 2:00pm-10:00pm \\ Tuesday - Sunday & 7:00am-10:00pm \end{array}$

Towne Square Pools

 $\begin{tabular}{ll} Monday & 12pm-10:00pm \\ Tuesday-Sunday & 8:00am-10:00pm \end{tabular}$

John Simpson Pool

Monday 2:00pm - 10:00pm Tuesday - Sunday 8:00am - 10:00pm

- Non-potty trained children are NOT allowed in the Bella Mar Lap Pool at any time.
- The pool gate must remain closed and locked at all times. A facility tag is used to access locked facilities during hours of operation.
- Facility tags may be obtained at the Association office. If a facility tag is lost or stolen, a replacement facility tag may be issued at the Association Office for a \$20 replacement fee.
- The Association may deny access to the pool at any time due to occupancy limits, weather, pool condition, or if maintenance is required.
- At the discretion of the Association, and as approved by the Boards of Directors of the SRROA and SRMA, certain periods of the normal open swim hours may be set aside for specialized activities. These activities will be open to all registered participants. When scheduled, times for these activities will be posted.
- Use of the pool facilities is at the resident or guest's own risk and by use of the facility the user agrees to hold SRROA and SRMA harmless in regard to liabilities of any kind related to the use of the facility.
- Each resident household is entitled to host four (4) pool guests at any time SRROA or SRMA pool facilities are available.
- Lifeguards, when present, have full authority and are responsible for the interpretation and enforcement of all rules. Residents will work cooperatively with lifeguards in enforcing the rules for the safety of everyone. No person may verbally abuse, shout at or in any manner distract a lifeguard, except in the case of emergency.
- Only lifeguards are permitted on the lifeguard stand.
- A member resident who is eighteen (18) years of age or older must accompany guests at all times.
- An adult must accompany children under fourteen (14) years of age at all times.
- Designated lap lanes are for lap swimmers only. Lap swimmers will have the right-of-way.
- Double diapers (swim diaper + plastic pants) must be worn by children who have not been completely toilet trained.

- Only children 5 years of age and under are allowed in the baby pool.
- Proper swim wear is required. No cut-offs are allowed.
- Chewing gum is prohibited in the pool facility.
- Swimming with an open sore or a communicable disease is prohibited.
- No running, roughhousing, general horseplay or disorderly conduct that will endanger the safety of others is allowed. No diving, somersaults, back dives, cannon balls, backwards jumps, can openers, or similar type entries from the edge of the pool are permitted.
- The discharge of firearms, pellet guns, bow and arrows, sling shots and other hazardous items is prohibited.
- No Smoking.
- No glass containers of any type are allowed in the pool facility.
- No pets or animals of any type are allowed in the pool facility. (Except seeing eye dogs).
- No bikes, skateboards or roller skates/blades are permitted in the pool facility. Children's strollers are permitted.
- Floating devices may be allowed in the pool at the lifeguards' discretion. Water wings and small floats for non-swimming children are allowed only if the child is within arm's reach of an adult.
- Toys and balls of any type may only be allowed in the pool at the lifeguards' discretion when they are on duty.
- Residents and their guests must refrain from any activity which is either a nuisance to other guests, residents, lifeguards, or pool staff, or in any manner damages SRROA or SRMA property.
- Residents are responsible for any damage they, their guests, or their children cause while using SRROA or SRMA facilities and for cleaning up any mess or trash created by them prior to leaving the pool facility.
- The Association must approve the use of Association facilities by large groups at least seven (7) days prior to the event.
- Violations of these rules may result in suspension of pool privileges, fines or other charges, and/or legal action against the violator.
- Emergencies, complaints, concerns, and compliments should be addressed to the Association at 266-7553, or in person at the Community Associations Office located at 12550 Country Trails Lane, Austin, Texas 78732.

Please note that a resident in "good standing" is defined as a resident in that is current with their Association assessments and has no outstanding violations. Those residents who are not in good standing with the Association may lose resident privileges such as amenity access, facility rental, attendance at, or registration for, social functions and sponsored programs.

Don't Prop Pool Gates

Propping a gate open to one of the pools is a serious safety issue. It only takes a second for a child to wander into an unattended pool area and drown. Pool gates may not be propped open for any reason.



No Diapers Allowed

Please be aware of the pool policy regarding children who are not potty-trained:

Children who are not potty-trained and who use swim diapers are not allowed in the Bella Mar Lap Pool.

All other community pools:

Double diapers (swim diaper + plastic pants) must be worn by children who have not been completely toilet trained.

This policy is in place to help keep accidents from happening and reducing the need to close pools due to contamination.

Gate Monitors At Bella Mar Pools

Due to high demand and use of pools at Bella Mar, gate monitors from Equipt Aquatics, our lifeguard company, will be checking residents in prior to entering pools on various times and days. The purpose of having gates monitored is to ensure:

- People entering the pool facility are Steiner Ranch residents.
- Residents entering the pool facility are in good standing with the HOA.
- Residents limit guests to no more than four.
- Gates are not propped open, resulting in children potentially entering pools unmonitored.
- Parents are aware of rules regarding diapers to prevent pool contamination/closure.
- Children under 14 are accompanied by an adult 18 or older.

What does this mean to you?

- Take your key fob with you to the pool. Gate monitors will not allow you to enter the pool without it.
- Make sure you are in good standing with the HOA. Good standing means you have no outstanding HOA fees, no outstanding violations and, if you are a tenant, you are registered.
- Do not bring more than four guests to the pool, unless you have a reservation.
- No one under 14 will be allowed to enter without an adult 18 years old or older.





Pool Safety Tips

Always watch children when they're in or near water, and never leave them unattended. An adult should be designated to supervise children in the pool; that should be their only task—reading, texting or playing games on phones can wait. Lifeguards are trained to scan the entire pool area- they are not keeping an eye on only your child.

Swimming is not only fun, it's a lifesaving skill. Enroll children in swim lessons.

Learning CPR can help save a life. CPR classes are available through hospitals, community centers, or by contacting the American Red Cross.

Lifeguards On Duty As follows:

<u>John Simpson</u> Saturday & Sunday 12pm-8pm

<u>Towne Square & Bella Mar</u> Monday – Sunday 12pm-8pm





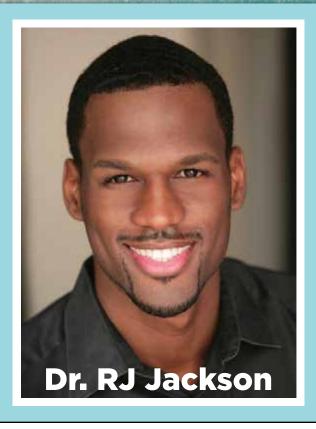
July 5th, 6th, 7th from 9:30-II:30 am

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JULY

		A CONTRACT		1000	-	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:15am -Tai Chi (TSCC) 9:30am - Run Lab (JS Park)	2 7:30am – SRC Ride (Cups & Cones) 8:30pm – Movies In The Park Rain Date Make Up: Night At The Museum
7:30am - SRCC Ride (Cups & Cones) 5:00pm - 7:00pm - Decorate Your Ride (TSCC)	Happy Fourth of July!! HOA OFFICE CLOSED 9:00am - 1:00pm - July 4th Parade & Celebration	8:15am -Tai Chi (TSCC) 6:30pm - Trails CMTE Mtg (BMCC) 8:30pm - Aikido (BMCC)	8:15am Tai Chi (TSCC) 6:00pm - Facilities CMTE Mtg (TSCC)	7 8:15am -Tai Chi (TSCC)	8 8:15am – Tai Chi (TSCC) 9:30am - Run Lab (JS Park)	7:30am – SRC Ride (Cups & Cones) 5:30 – 3:00pm – Stars Swim Meet (BMCC)
7:30am – SRC Ride (Cups & Cones)	8:15am -Tai Chi (TSCC) 6:30pm -Yoga (TSCC)	8:15am - Tai Chi (TSCC) 9:00am - Event Planning CMTE Mtg (Cups & Cones) 7:00pm - SRNA Mtg (TSCC) 8:30pm - Aikido (BMCC)	8:15am — Tai Chi (TSCC) 6:00pm Fairways Board Mtg (TSCC) 7:00pm — Steiner Camera Club (BMCC)	8:15am -Tai Chi (TSCC) 5:00pm - Landscape CMTE Mtg (BMCC) 7:00pm - Free Health Workshop with Dr.Rosin: The value of sun screen (TSCC)	8:15am -Tai Chi (TSCC) 9:30am - Run Lab (JS Park)	I 6 7:30am – SRC Ride (Cups & Cones)
1 7 7:30am-SRC Ride (Cups & Cones)	1 8 8:15am -Tai Chi (TSCC) 6:30pm - Yoga (TSCC)	8:15am - Tai Chi (TSCC) 6:00pm - Lakeview Board Meeting (TSCC) 8:30pm - Aikido (BMCC)	8:15am - Tai Chi (TSCC)	2 I 8:15am -Tai Chi (TSCC)	22 8:15am - Tai Chi (TSCC) 9:30am - Run Lab (JS Park)	7:30am – SRC Ride (Cups & Cones)
24/3 I 7:30am – SRC Ride (Cups & Cones)	25 8:15am –Tai Chi (TSCC) 6:30pm – Yoga (TSCC)	26 8:15am -Tai Chi (TSCC) 6:00pm - SRMA Board Mtg (TSCC) 8:30pm - Aikido (BMCC)	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)



AUGUST

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SALES SALES SALES	ů.	8:15am -Tai Chi (TSCC) 6:30pm -Yoga (TSCC)	8:15am -Tai Chi (TSCC) 6:30pm - Trails CMTE Mtg (BMCC) 8:30pm -Aikido (BMCC)	8:15am - Tai Chi (TSCC) 6:00pm - Facilities CMTE Mtg (TSCC)	4 8:15am – Tai Chi (TSCC)	8:15am – Tai Chi (TSCC) 4:00pm – Casitas Board Mtg (UTGC) 9:30am - Run Lab (JS Park)	7:30am – SRC Ride (Cups & Cones)
	7 7:30am - SRCC Ride (Cups & Cones)	8:15am - Tai Chi (TSCC) 6:30pm - Yoga (TSCC)	9 8:15am -Tai Chi (TSCC) 9:00am - Event Planning CMTE Mtg 9am (Cups & Cones) 7:00pm - SRNA Mtg (TSCC) 8:30pm -Aikido (BMCC)	8:15am Tai Chi (TSCC) 6:00pm - Fairways Board Mtg (TSCC) 7:00pm - Steiner Photography Club (BMCC)	8:15am –Tai Chi (TSCC) 5:00pm – Landscape CMTE Mtg (BMCC) 7:00pm – Free Health Workshop with Dr. Rosin: Exercise to prevent CVD & disability	8:15am – Tai Chi (TSCC) 9:30am - Run Lab (JS Park)	7:30am – SRC Ride (Cups & Cones) 7:00pm – 10:00pm Concert In The Park
	7:30am – SRC Ride (Cups & Cones)	l 5 8:15am – Tai Chi (TSCC) 6:30pm – Yoga (TSCC)	8:15am – Tai Chi (TSCC) 6:00pm - Lakeview Board Meeting (TSCC) 8:30pm - Aikido (BMCC)	l 7 8:15am — Tai Chi (TSCC)	I 8 8:15am – Tai Chi (TSCC)	l 9 8:15am – Tai Chi (TSCC) 9:30am - Run Lab (JS Park)	7:30am - SRC Ride (Cups & Cones) 8:30pm - Movies In The Park: Inside Out (TS Fields)
	2 I 7:30am-SRC Ride (Cups & Cones)	8:15am - Tai Chi (TSCC) 6:30pm - Yoga (TSCC)	23 8:15am - Tai Chi (TSCC) 8:30pm - Aikido (BMCC)	24 8:15am – Tai Chi (TSCC)	25 8:15am – Tai Chi (TSCC) 6:00pm – SRROA Board MTG (TSCC)	26 8:15am – Tai Chi (TSCC) 9:30am – Run Lab (JS Park)	27 7:30am – SRC Ride (Cups & Cones)
19 3 Section 19 18	7:30am – SRC Ride (Cups & Cones)	29 8:15am - Tai Chi (TSCC) 6:30pm - Yoga (TSCC)	8:15am - Tai Chi (TSCC) 6:00pm - SRMA Board Mtg (TSCC) 8:30pm - Aikido (BMCC)	3 I 8:15am – Tai Chi (TSCC)			





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Want to www.BracesAustin.com Dr. James Waters Blogspot.com



If you are on inviting more than 25 guests to use one of the community pools, you are required to hire additional lifeguards, at your expense, through the lifeguard company approved by the HOA. Please contact the HOA office to schedule your party and contact Equipt Aquatics directly for scheduling lifeguards: 512-969-1405.

STEINER STARS 2016 SWIM SEASONCOMING TO AN END

Submitted by Sandra Denny

July for Steiner Stars means the ending of our short swim season. What a joy it has been to see these swimmers successfully learn new swim strokes through determination and great instruction from our coaches and volunteers. Meanwhile, it's wonderful to see parents not only show great sportsmanship by supporting and cheering at all swim meets, but also volunteer their time and energy in running those meets.

Both Steiner Stars swim teams, Red and Blue, started in May with close to 500 swimmers practicing and competing in six regular season meets. Both teams will have their Divisional meets on July 9th. Stars Red will travel to Round Rock while Stars Blue will host the Championship meet here at Bella Mar. Swimmers with qualifying times will travel to Texas A&M to compete in the 2016 Invitational meet on July 10th. Best of luck Stars swimmers!

See you in the pool next year!

SPONSORS

Many thanks to the local businesses and swim team families who sponsored our team this year. The funds raised will be used to support the amazing Steiner Stars program!

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YEAR ROUND SWIMMING PROGRAM FOR ADULTS

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

Our swim schedule is as follows:

- Wednesdays and Fridays at 5:30 a.m. until 6:45 a.m.
- Sundays at 6:30 a.m. until 7:45 a.m.
- \$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 of 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!



Gold Stars Swimming Developmental Swim Team

(For Ages 5-8)

Gold Stars Swimming replaces the former Shooting Stars Program. Coached by Hollie Kenney and her team, swimmers will work on the development of freestyle and backstroke for ages 5-8 years-olds. At the end of the 4 weeks, swimmers will be able to measure their improvement by participating in a mock trial meet. The program begins on July 12th and ends on August 4th. Practices are every Tuesday, Wednesday and Thursday at John Simpson pool.

To participate, swimmers need a practice style swim suit (one piece for girls and jammers for boys), goggles, and rubber swim fins (not ankle strap).

When: July 12 – August 4 | Where: John Simpson Pool Practice Times:

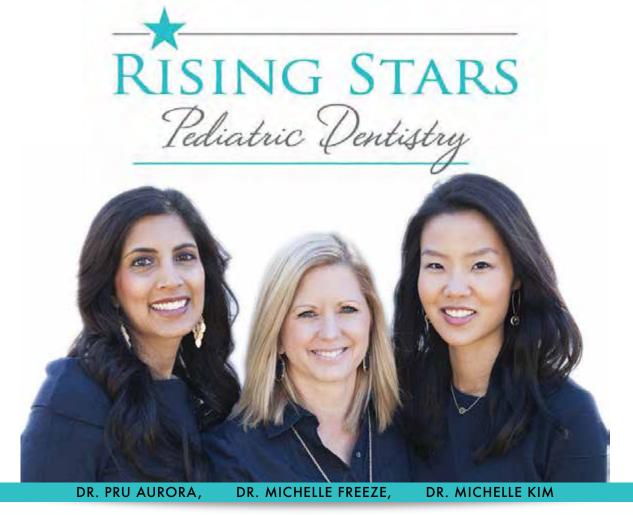
T/W/Th 8:30-9:30 am 5-6 year olds T/W/Th 9:30-10:30 am 7-8 year olds

Cost per swimmer: \$165

Contact Information:

www.goldstarsswimming.com (Click Developmental Swim tab) E-mail: goldstarsswimming@austin.rr.com





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Weather.com Showcases Steiner Ranch Resident's Photograph

Steiner Ranch resident Susan Eichhorn captured this beautiful image on a trip to the Hill Country last spring. "We had lived in New England for most of our lives and moved to Texas in 2012, so we were exploring the area," Eichhorn said. During their family outing, Eichhorn ventured to Muleshoe Bend in Spicewood, Texas. "This space is acres and acres of beautiful bluebonnets and they smell like spice," she said.

Weather.com thought Susan's photo was pretty spectacular and featured it in their May calendar. As Eichhorn explains, weather had a huge influence on her ability to take this photo.

"There was a huge drought last year, but the lake was coming back," she said. "Now that the lake is back, most of the area in that picture is underwater. So it was almost once in a lifetime to have fields that expansive. We're really lucky to have gotten that shot."

Thank you Susan, for sharing your photo with your neighbors!

Around Steiner



Girl Scout Leadership Award Earned

Submitted by Michelle Lamb

Members of Girl Scout Troop 735 earned their Bronze Award by organizing a pet supply donation drive which benefited Austin Pets Alive. The Bronze Award is the third highest leadership award a Girl Scout can earn. The Silver Award is earned in Middle School and the Gold Award is the pinnacle leadership award which is earned in high school.

The Bronze Award is the highest leadership award a Junior girl scout can earn. Working toward obtaining this award demonstrates each girl's commitment to helping others, improving her community and the world, and becoming the best she can be. The Bronze Award Project is a team effort by all members of the troop. The project's objective must be to benefit the local community and/or benefit Girl Scouting as a whole in some way. Each scout is expected to contribute 20 hours to the project. The project must be girl-led and may be monitored by the troop leader.

The scouts of Troop 735 voted for their project to benefit the animal shelter, determined the tasks that needed to occur, and then assigned roles and responsibilities to each girl. These duties included meeting with the community outreach director at Austin Pets Alive, the manager of Natural Paws, the owner of Cups & Cones, the principals of LWBE and RRE and then creating promotional materials. The two week long donation drive resulted in nearly 200 needed items provided to the shelter. River Ridge Elementary, Laura Welch Bush Elementary, Natural Pawz store and Cups and Cones were donation locations coordinated by the scouts. Thank you to all who contributed by donating pet supplies and helping the troop earn their Bronze Award!

Hannah Denkhaus is turning 12 on July 10th Happy Birthday!



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Calling all Steiner Ranch Elementary Alumni!



S.R.E. is turning 20 years old in the fall of 2016 and school staff want to know what previous students are doing now! If you are interested in sharing your information, please send in a photo (3"x5") of yourself, the years you attended S.R.E., what other schools you've attended and what you are doing now. Please email information to maryellen.santerre@leanderisd.org or mail to:

Mary Ellen Santerre, SRE Counselor 4001 N. Quillan Park Road Austin, Texas 78732



Venomous Snake Safety

Texas is home to over 105 different species and subspecies of snakes. Fortunately only 15 of those are potentially dangerous to humans. Despite this, Texas Parks & Wildlife reports that each year there are more deaths in Texas attributed to lightning strikes than to venomous snakebites. Venomous snakes in Texas include: Cottonmouths, Copperheads, Rattlesnakes (of which there are 9 various types) and Coral snakes. Following is information from Texas Parks & Wildlife regarding snake precautions and responses:

Learn to recognize the snake species that are likely to be in the area. The majority of bites result from people taking unnecessary or foolish risks with venomous snakes. Understanding what snakes look for in a suitable habitat can help you know when to be wary. Understanding their behavior will help you know what to do if you encounter one. Snakes like tall grass.

- · Keep lawn around your home trimmed low.
- Remove any brush, wood, rock or debris piles from around the residence - they make great hiding places for snakes and their prey - rodents.
- Always wear shoes while outside and never put your hands where you cannot see them.
- Be careful when stepping over fallen logs and rock outcroppings.
- Take care along creek banks and underbrush.

Snakes do not prey on humans and they will not chase you, in fact they usually retreat or escape if given the opportunity. The danger comes when they are either surprised or cornered.

What to do if bitten:

- Assume envenomation has occurred, especially if initial symptoms are present. Initial symptoms of pit viper bites include fang puncture marks; in addition, they almost always include immediate burning pain at the bite site, immediate and usually progressive local swelling within five minutes, as well as local discoloration of the skin. Initial symptoms of coral snake bites include tremors, slurred speech, blurred or double vision, drowsiness or euphoria and a marked increase in salivation within four hours; however, life-threatening effects from coral snake envenomation may not be evident for 24 hours or longer.
- Identify the species of venomous snake that inflicted the bite, if possible. Identification is not necessary, but may be helpful.
- Keep the victim as calm as possible. This helps reduce the spread of venom and the onset of shock.
- Keep yourself and other members of the group calm as well. This
 will help reassure the victim and ensure that the appropriate firstaid measures are followed, as well as preventing anyone else from
 becoming injured.
- Know and be alert for the symptoms of shock, and institute the proper treatment should it ensue. Difficulty breathing and/or kidney failure are frequent symptoms of envenomation.

- Wash the bite area with a disinfectant if available.
- Remove jewelry such as rings and watches, as well as tight-fitting clothes, before the onset of swelling.
- Reduce/prevent movement of a bitten extremity, using a splint if
 possible; this helps decrease the spread of venom. For the reason,
 position the extremity below the heart.
- Get the victim to a medical facility as soon as possible and begin treatment with intravenous antivenom, crystalloid solutions and antibiotics. Antivenom treatment is generally most effective within the first four hours of envenomation, and is ineffective after 8-10 hours.

What NOT to do if bitten:

- Do not make incisions over the bite marks. This can result in significant damage to already traumatized tissue, and can damage intact structures such as nerves and blood vessels, enhance bleeding caused by anticoagulant components of venom and increase the rapid spread of venom throughout the body if the circulatory system is compromised. A suction device, such as the Sawyer ExtractorTM, may be used without making any incisions. This device may remove significant quantities of venom, although its efficacy has yet to be conclusively determined.
- Do not use a tourniquet or other constricting ban except in extreme cases of envenomation, and then only if properly trained in the technique. Such devices are of no value if applied more than thirty minutes after the bite, and if improperly used they can restrict blood vital blood flow to the traumatized tissue and possibly result in the amputation of an extremity. Unbearable pain can also result, and the improper loosening of such devices can allow sudden systemic absorption of venom.
- Do not use cryotherapy (including cold compresses, ice, dry ice, chemical ice packs, spray refrigerants, and freezing) for the same reasons that the tourniquets should be avoided, and also because it can increase the area necrosis.
- Do not use aspirin or related medications to relieve pain, because they increase bleeding. A pain reliever not containing aspirin, however, may be used.
- Do not use the pressure/immobilization technique, which consists
 of firmly wrapping the entire limb with an elastic bandage and
 then splinting, especially for pit viper bites. The theory behind
 this treatment is to confine the venom to the area of the bite until
 reaching a medical facility, but studies have shown the technique to
 be ineffective or worse with venoms which produce local swelling
 and tissue damage.

For more information on Texas snakes visit:

http://tpwd.texas.gov/education/resources/texas-junior-naturalists/snakes-alive/venomous-texas-snakes

River Ridge Elementary Summer Library Hours

River Ridge Elementary is open on Monday and Wednesday mornings through August. Please note that restrooms are not available at the library, and non-registered LISD students are unable to check out books. Kindergarten students registered for the 2016-2017 school year can check out books. For more information, please contact info@ HillCountryEdFoundation.org.

River Ridge Elementary Open

Mondays & Wednesdays 9 am to 12 noon from June 13 - June 29 & July 11 - Aug 3

Closed week of July 4th





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The Life Plan Decision Process-Four Key Aspects

Submitted by Tom Henry, Community Relations - Longhorn Village

Life Plan communities, often referred to as Continuing Care Retirement Communities (CCRC) are a popular retirement living choice among older adults who live independently today, but desire to live in a setting where long-term care services are available on-site if eventually needed. Choosing the right community is an important, often complex decision process. If you, a loved one, or possibly a client of yours is considering a CCRC here are four key aspects of the decision process:

Contract Details:

Among the approximately 2,000 CCRC across the United States there are a number of different types of residency contracts available. The vast majority of CCRCs require an entry fee and monthly fees. These fees are impacted by factors such as the size of the home or apartment, location, available services and other amenities. Yet the fees are also based, in part, on what you will pay for assisted living and health care services when needed.

Some residency contracts state that your monthly fees will remain relatively level over the course of your lifetime, except for inflationary increases, regardless of whether you are living independently or require care services. Other residency contracts may require a smaller entry fee and possibly even lower monthly fees; but if you ever require care services, your monthly fees will increase to reflect the market cost of care at that time. Still yet, there are other contracts that are essentially a blend of these two.

In addition to the types of residency contracts available, many providers also offer refundable entry fee contracts. These contracts essentially pay back some portion of the entry fee if the resident moves out or at death. The tradeoff: entry fees are almost always higher for a refundable entry fee contract.

Financial Stability of CCRC

The financial stability of a CCRC will determine in large part if it can fulfill its long-term commitment to provide housing and health care to residents for life. Do your research to learn about the community's occupancy ratios and evidence of demand, history of operations, financial ratios and the experience and expertise of its management. Consult with a financial or tax professional for additional guidance.

Lifestyle

To ensure that a CCRC is the last residency decision you make, consider the community's setting and culture, services and amenities, and mission to ensure these align with your personal preferences. Inquire about staying in the community for a night or two to get a sense of what living there might be like. Try the food and talk to current residents about what they enjoy about living in the community.

Health Care

Although most people are attracted to CCRCs by the independent living features, the ultimate reason for considering this type of retirement community and paying an entry fee is gaining guaranteed access to health care. Here are some key questions to ask:

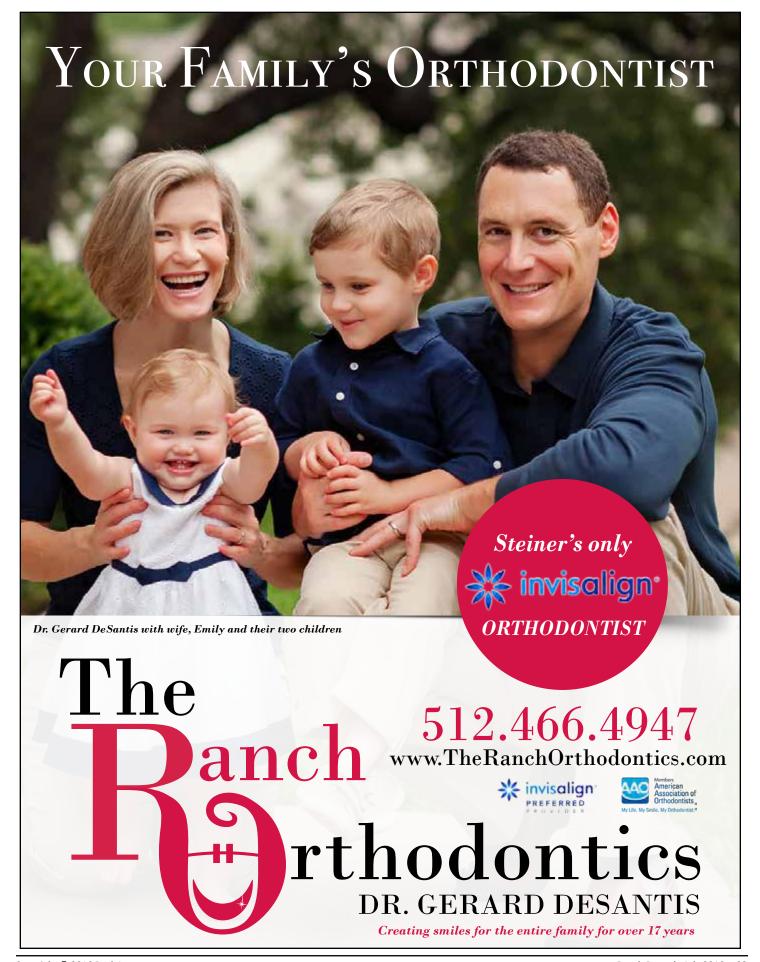
Does the community appear to take pride in the care that it makes available to residents?

What sets the community's care facility apart from other providers? If there is a record of complaints against the CCRC, can you review it? If skilled nursing care is offered in a Medicare-certified facility (versus private pay only), consult the CMS star rating on Medicare.gov.

Has the health care facility received any special awards or special

(Continued on Page 34)





News You Can Use

(Continued from Page 32)

recognition for quality of care?

Ask about staff turnover in the health care facility. A high turnover rate may indicate an unhappy staff, which could translate into poor care delivery.

Longhorn Village

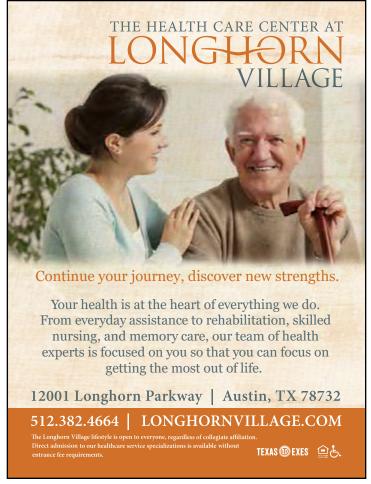
Located in Steiner Ranch, Medicare 5-Star rated continuing care retirement community Longhorn Village offers seniors and retirees an unparalleled, luxurious, service-oriented senior living lifestyle in a beautiful setting. From the community's spacious one and two bedroom apartments or to their exclusive private villas, residents at Longhorn Village enjoy a lifestyle specifically catered to enjoyment and health & wellness. Residents can be seen for routine health care at the community's On-Site Health Center; and for more focused care, Longhorn Village offers short and long-term care, assisted living, skilled nursing, rehabilitative, and memory care all within the community. Through its partnership with the Ex-Students Association of the University of Texas, Longhorn Village offers a comprehensive first-in-class community where residents can enjoy top-notch services and amenities for daily living and health care needs. To learn more or request an appointment go to www.longhornvillage.com or call (512) 382-4680 or toll-free (877) 266-5605.

Vacation Crime Prevention Tips

While you're away, your homes and vehicles may be vulnerable to burglary, theft or vandalism. Take steps to protect your home and vehicle before you leave! Following are some tips to keep yourself, your family, and your home safe:

- Install lighting, such as motion lights or dusk to dawn detector lights, on your home's exterior.
- Trim shrubbery around your home to eliminate hiding places.
- Your address should be clearly visible from the street for emergency and identification purposes.
- Close and lock your garage door when you are not nearby.
- Stop all deliveries of mail and newspapers when on vacation.
- Use timers to light your home inside and outside.
- Ask a trusted neighbor to pick up flyers or other publications that might be left while you are away.





Property Tax Packets Available

If you missed the Property Tax Workshop held on May 19, 2016 at the Gene Arant Real Estate Center, contact the Gene Arant Real Estate Team with Keller Williams Realty at 512.261.1000. Information packets handed out at the workshop are still available.





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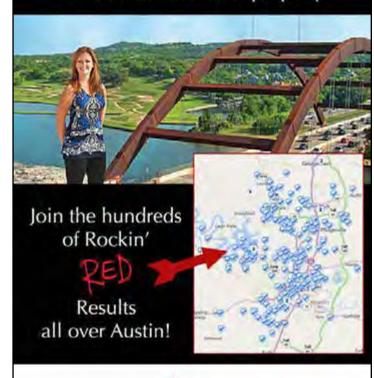
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BUSINESS CLASSIFIEDS

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CONNOR CLEANING SERVICES: Are you paying more than \$100 to have your house cleaned? 4200 sq. feet or less- you are paying too much! Call Connor Cleaning. Reliable. Dependable Service. Quality Work. Supplies furnished. Over 12 years in business. Affordably priced. Call 512-209-1141. Bonded.

PIANO LESSONS given in student's home in Steiner Ranch. Experienced, patient, mature teacher tailors lessons to student's interests. University educated teacher, beginner through advanced students, ages 5 to 95. Learn to play piano the way YOU want. Contact James Heuser at (512) 969-8529, website: www.fourpointspianoteacher.com.

ACCOUNTING & TAX SERVICES: Local CPA & Quickbooks ProAdvisor offering all inclusive small business accounting and tax services for businesses & individuals. Affordable rates & quality work. 10% off if you mention this ad! Kelley Arnold (512) 466-9319. Email: kelley@steinerranchcpa.com. Web: www.steinerranchcpa.com.

YOGA INSTRUCTION AT HOME: Practice yoga at HOME individually or with family and friends. Increase flexibility and strength while reducing stress. Help rehab injuries. Certified yoga instructor (ERYT-500) with 15 years experience. References available. Contact Paula at paulasyoga@gmail.com or (512) 947-9530

ALLSTATE INSURANCE- ED MENA AGENCY INC. – If you recently purchased a new home or replaced the roof on your current one, call me today to save money. Save even more by bundling your policies. Steiner Ranch Resident. edmena@allstate.com or call 512-459-5363.

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.

CONCEALED HANDGUN LICENSE CLASSES: Scheduling Weekday and Weekend Classes. Certified CHL Instructors. 35 Years Experience. NRA Certified Firearms Instructors. NRA Certified Chief Range Safety Officer. Member Texas Concealed Handgun Association. Private Firearms Lessons. Corporate and Group Rates Available. SAFETY: FIRST- LAST - ALWAYS. scmgfirearmstraining@gmail.com. 512.438.9828.

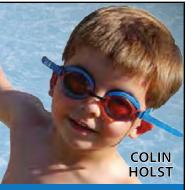
Business classifieds (offering a service or product line for profit) are \$75, limit 40 words, please Peel, Inc. Sales Office at 512-263-9181 or advertising@PEELinc.com.

NOT AVAILABLE ONLINE

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NOBODY IS DROWNPROOF WATCH KIDS AROUND WATER



37 Texas children have already fatally drowned in 2016

DROWNING IS PREVENTABLE

THESE WATER SAFETY TIPS CAN SAVE LIVES



WATCH KIDS & KEEP IN ARM'S REACH



LEARN TO SWIM



WEAR LIFE JACKETS



MULTIPLE BARRIERS AROUND WATER



KEEP YOUR HOME SAFER



SOURCES FIRST



PRACTICE DRAIN SAFETY



BE SAFER IN OPEN WATER



LEARN CPR

BECOME a Water Guardian for your child

TAKE the Water Safety Quiz www.colinshope.org/quiz PREVENT drowning



LEARN more at www.colinshope.org

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Ranch Record





Looking for that dream vacation?

I specialize in:

- Individual cruise planning
- Land resort vacations
- Guided vacation tours
- Group cruises (reunions, club trips, church groups, etc)

Whether it's taking a cruise to Alaska, cruising the Caribbean, taking a European riverboat cruise or choosing all inclusive land resort, I can help you plan. You would be keeping your business local.



"I am a Steiner Ranch resident. I'd love to help you plan your next dream vacation."

Tip of the Month

It's already time to start planning your Holiday vacations.

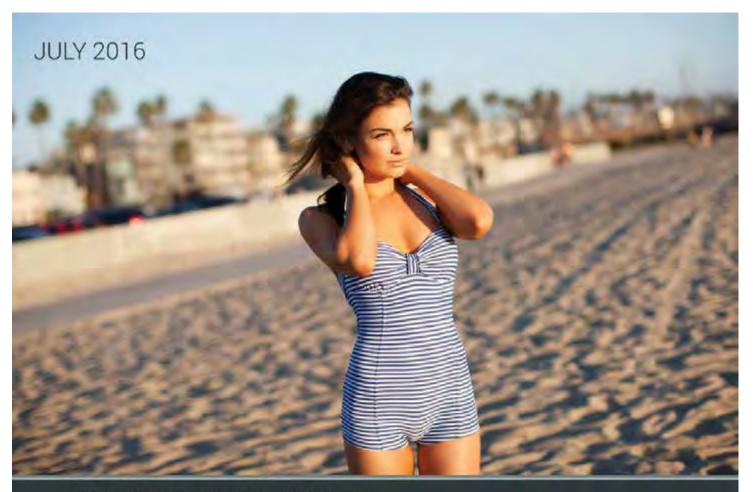
I'd love to help you create a memorable trip...on land or sea!



Paula Kaisner - Kaisner Travel Independent Vacation Specialist

512-607-6635 • pkaisner@dreamvacations.com www.KaisnerTravel.com

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GET SUMMER READY WITH OUR FACE & BODY SPECIAL

Purchase Ultherapy® Full Face Treatment and receive 1 FREE area of Exilis skin Tightening (\$1440 value).

*In-office only. Consultation needed.

THIGHS TO DIE FOR! REDUCE THE FAT AND TIGHTEN THE SKIN

Purchase Vanquish Fat Reduction Thigh Treatments Package of 4 for \$2200 (Reg. \$2750).

*In-office purchase only. Consultation needed.

FIGHT THE SIGNS OF AGING WITH REJUVAPEN™

Purchase a Rejuvapen™ Full Face Package of 3 and receive a Rejuvapen™ Neck Package of 3 for FREE (\$450 Value).

BATHING SUIT READY Purchase Bikini Waxing for only \$24 (Reg. \$30).



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On .41 Acres that Backs to the UT Golf Course • Custom Negative Edge Pool and Spa • Multiple Trex Decks • Outdoor Covered Dining Area • Gas Fire Pit

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Spotlight Spotlight

QUARTERLY BUSINESS DIRECTORY

FOUR POINTS EDITION SUMMER 2016



Making the Most of ADC Cedar Park Family Practice SCHOOL SPORTS & ACTIVITES

KEEPING YOUR CHILD HEALTHY THIS SUMMER

Participation in school sports and activities benefits students in many ways; emotionally, socially and

physically. According to Safe Kids worldwide, 2.6 million children age 19 and under receive treatment for sports and recreation activities. At ADC, we want to help you keep your child healthy so they can stay engaged with their teammates and friends and not sidelined by injury. **Dr. Gustavo Rodriguez**, family practitioner at ADC Cedar Park shares some advice for keeping your student healthy and active.

Make sure they are ready to play

- ★ Schedule their annual exams and /or school physicals. Make sure your student is up to date on their vaccines and that you inform their family doctor or pediatrician about any physical or emotional changes over the summer.
- Let your coaches or directors know of any medical conditions that may affect your child's play or participation in the activity, such as allergies or asthma.

Keep them hydrated: for students participating in band and football, temperatures may remain in the mid to high 90s throughout September and even October.

- ★ Drink enough water and fluids throughout the day, not just at practice.
- ★ Encourage students to drink water every 30 minutes before an activity and then every 15 to 20 minutes during the activity.
- ★ Avoid sodas, sports drinks or drinks with added sugar or artificial sweeteners. Use an infuser water

bottle which allows you to add fresh fruit to flavor water, naturally.

Have the right equipment

★ From mouth guards to helmets, shoes to shin guards, athletic equipment and uniforms should fit properly to prevent or reduce injury. If you are unsure about the fit, ask your child's coach or trainer.

Know the signs of concussion

- ★ Visit www.healthychildren.org for a list of concussion symptoms
- ★ Students should not return to their activity until after they have seen a doctor.
- ★ Returning to play too soon following a concussion may lead to another concussion or more serious injury.
- ★ The State of Texas has a vigorous return to play protocol that should be followed.
- ★ When in doubt, sit them out.

Get some rest

- ★ Take breaks during practice and games to avoid overuse injuries.
- ★ Encourage your student to try and take 1-2 days "off" each week and make sure they are getting enough sleep at night.
- ★ Encourage your athlete to tell their coach about any pain, injury or illness.

Finally, have fun. Staying safe on the field and in school will help your child enjoy their activity and make memories that last a lifetime.

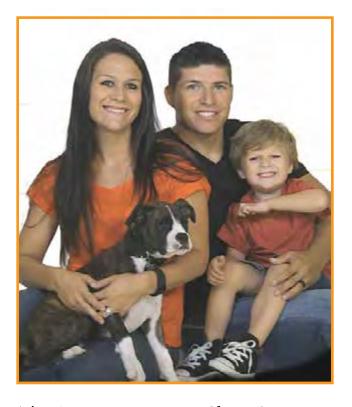
Resources:

YOUR PRIMARY AND SPECIALTY CARE DOCTORS IN YOUR NEIGHBORHOOD

ADC STEINER RANCH 5145 RM 620 N, Bldg I 512-901-1111







The Austin Diagnostic Clinic Steiner Ranch offers primary and specialty care doctors close to home. ADC Steiner Ranch offers: Allergy, Dermatology, Family Practice, Neurology, Ob/Gyn, Otolaryngology (ENT), Pediatrics, Podiatry and Rheumatology specialists with on-site Lab and Infusion Services.

Call us today at 512-901-1111 or visit ADClinic.com.



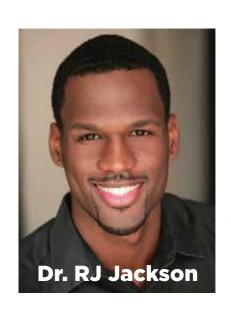
Braces at 7-Years-Old, Is That Too Young?

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 board-certified orthodontist.





512-363-5792 www.rjorthodontics.com

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



512-363-5792 www.rjorthodontics.com

Located Behind the Walgreens at the Intersection of 620/2222

Community Newsletters

About Peel, Inc.

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

Professional Quality

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

Reputable History

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

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

Advertising.

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

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

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



Four Points Spotlight

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

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

Wade Lombard
Owner, Square Cow Moovers



www.peelinc.com 512.263.9181

Think.
Create.
Make it
Happen.



HISKEY FOUR

We offer custom apparel of all kinds including one-offs for any occasion.

How does it work? Lets say you have a design you would like for a one-off custom shirt. We take your idea and design it for you. Once you approve the design we make it available in our store for you to purchase.

Who do we work with? We work with individuals as well as partner with organizations and businesses. Some of our partners are CrossFit boxes. We relieve the box owners of the hassle of mass shirt orders by creating their very

own store within W4 Apparel. This allows their members to visit our site and order their shirts directly. We create custom designs at their request and even toss in a few of our own. We offer the same service for non-profits, businesses, and organizations of all kinds.

Visit us online and view our Partners to see who we are currently working with.

We would love to partner with you as well!

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