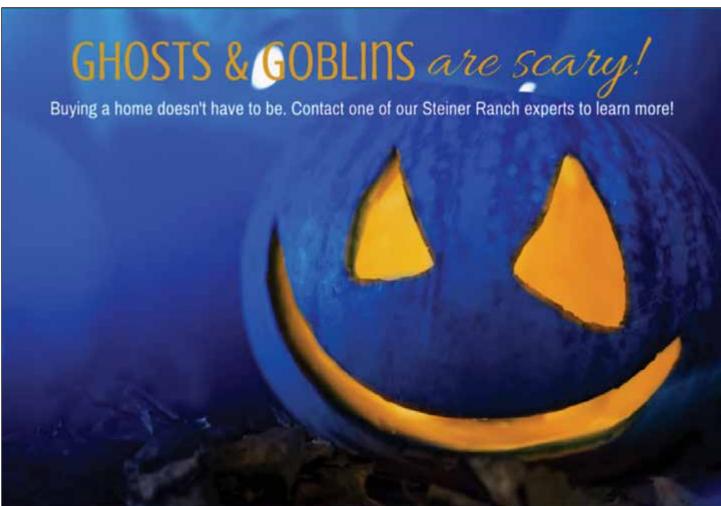


RANCH RECORD

Official Newsletter for the Steiner Ranch HOA

VOLUME 10 ISSUE 10 OCTOBER 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

Friday
Saturday & Sunday
CTAFF
STAFF
Executive Director,
Randy Schmaltz, CMCA, AMS, PCAMrandy@steinerranchhoa.org
Community Manager
Mackal "Mack" Taylormack@steinerranchhoa.org
Facilities Asset Manager
Luke Spoontsluke@steinerranchhoa.org
Controller
Jennifer Rysjennifer@steinerranchhoa.org
Accounting Coordinaor
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Amenity Coordinator
Patricia Campbell patricia@steinerranchhoa.org
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Cassie Burgesscassie@steinerranchhoa.org
Communications Coordinator
Meredith Hamrickmeredith@steinerranchhoa.org
Lifestyle Coordinator
Desirre Ghebremicaeldesirre@steinerranchhoa.org
Compliance Coordinator
Michael Russellmichael@steinerranchhoa.org



IMPORTANT NUMBERS

EMERGENCY NUMBERS EMERGENCY	91
Fire	
Ambulance	91
Sheriff – Non-Emergency	
Travis County ESD No.6/Lake Travis Fire Re	
Administration Office	
Travis County Animal Control	
STEINER RANCH CONTACTS	
Steiner Ranch Community Association Office	e512-266-755
SCHOOLS	
Leander ISD	512-570-000
Vandegrift High School	512-570-230
Canyon Ridge Middle School	
Laura Welch Bush Elementary	512-570-610
Steiner Ranch Elementary	512-570-570
River Ridge Elementary	512-570-730
UTILITIES	
Travis County WCID # 17	512-266-111
City of Austin Electric	512-494-940
Texas Gas Service	
Custom Service	1-800-700-244
Emergencies	512-370-860
Call Before You Dig	
AT&T	
New Service	1-800-464-792
Repair	1-800-246-846
Billing	1-800-858-792
Time Warner Cable	
Customer Service	
Repairs	512-485-508
TDS (Trash & Recycle)	512-329-175
Austin/Travis County Hazardous Waste	512-974-434
OTHER NUMBERS	
Lake Travis Postal Office	512-263-245
Coyote Sightings	31
Five Star Commercial Community Managen	
Scott Selman512-337-6535 or sselm	
Balcones Canyonlands Preserve	
https://www.traviscountytx.gov/tnr/bccp	
NEWSLETTER PUBLISHER	
Peel, Inc.	512-263-918
	512-263-918

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ARTICLE INFO

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

COVER PHOTO

Autumn in Steiner Ranch wouldn't be the same without the annual Steiner Ranch pumpkin patch, benefitting Dell Children's Medical Center, and Trunk or Treat Halloween event. Both events take place this month- details on page 11 and 14. We hope you'll join us!

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.







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

OCTOBER

10/6 New Homeowner 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

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

Fall has arrived and with the change in season, many residents will soon be gathering outdoors and will be taking part in upcoming trick or treating festivities. Please keep the following in mind before venturing out at night:

- Steiner Ranch is dark at night, with limited street lights.
 Whether going out for an evening run or walking your
 kids through the neighborhood for Halloween treats,
 wear reflective tape, stickers or shoes, or carry flashlights
 to help see and be seen by drivers.
- Slow down and be alert while driving in the neighborhood. Many of our residents are children and they may unexpectedly enter the roadway without anticipating an oncoming car.
- Cross the street at corners and enter and exit driveways slowly.
- Always walk on sidewalks or paths and avoid walking in the street. If there are no sidewalks, walk facing traffic as far to the left as possible.
- Watch for cars that are turning or backing up.
- Young children should not be alone at night without adult supervision. If kids are mature enough to be out alone, they should stick to familiar areas and walk in groups.
- Know that wildlife is more active at dusk and dawn.
 Be alert.

Enjoy the autumn weather, and have a safe and happy Halloween.

Until next month,

Randy Schmaltz

Executive Director

Steiner Ranch Homeowners' Association

Correction

Last month's Ranch Report stated that the Steiner Ranch Master Association and Steiner Ranch Residential Association boards met for a joint workshop last August. The planned workshop was postponed and has not yet been rescheduled.

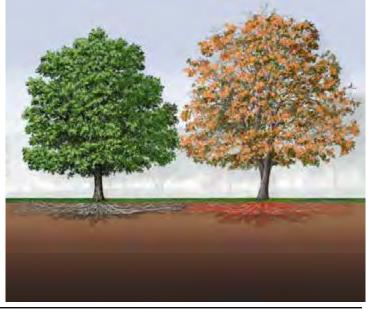
Oak Wilt Update and Pruning Guidelines

As reported in September's Ranch Record, the Steiner Ranch Master Association (SRMA) is in the process of reviewing an oak wilt policy which will be discussed and voted on by SRMA board members in the near future. The policy has also been shared with the Steiner Ranch Residential Owner's Association (SRROA) board president.

Because oak wilt is an important issue which the boards take seriously, SRMA board members are deliberately taking time to consider and review aspects of the policy put before them. Any board decisions relating to oak wilt will be reported in coming Ranch Record updates.

In the meantime, residents are encouraged to trim branches in need of attention prior to February through June. Doing so helps prevent disease transmission as well as possible storm damage by removing weak branches that might snap during heavy winds. Trees should be trimmed to allow for visibility of traffic signs, street marker signs, pedestrian traffic, as well as clearing from fence lines, roofs, and structures.

Regardless of the season, paint all pruned or wounded oaks to attempt to avoid oak wilt disease, and always ensure that trimming equipment has been properly disinfected. Dispose of diseased red oaks immediately. If uncertain about trimming, consult with a Texas oak wilt certified arborist, an oak wilt specialist from a city, county or state government agency such as the Texas Forest Service or Texas AgriLife Extension Service, or visit texasoakwilt.org. A link to information about oak wilt may be found on the HOA website on the resident announcements page.



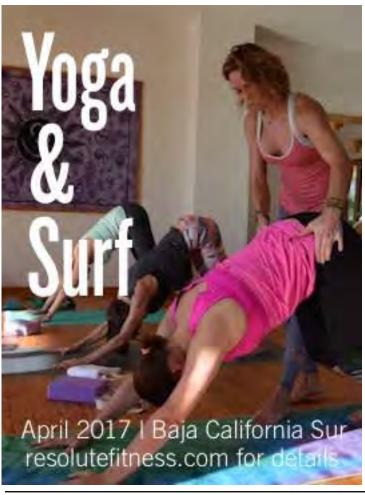
Green Waste Pick-Up December 12th-16th

Texas Disposal Systems will provide Steiner Ranch residents with a seasonal green waste collection pick-up during the week of December 12th.

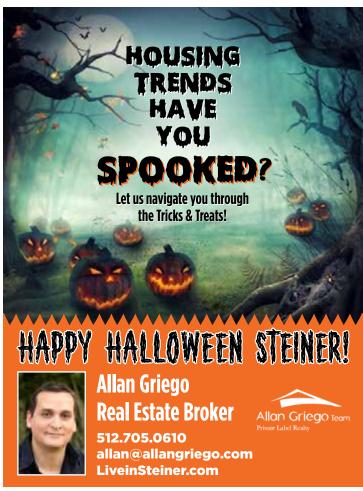
Each resident may place up to 20 thirty gallon paper bags of green waste at their curb on their designated trash pick-up day during the week of December 12th.

**Please note: 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.







From the Association Office



Commercial Property Management Company Contact

For commercial property questions or complaints, please contact Scott Selman with Five Star Community Management at 512-337-6535 or sselman@firestarcm.com.

The Association office does not manage commercial property issues.

ARCHITECTURAL IMPROVEMENTS

Please remember that any improvements made to the exterior of your property must be approved by the Architectural Committee in advance. Such improvements include, but are not limited to, playscapes, decks, planter boxes, pools, arbors, landscaping, changes to the exterior of your house (i.e. trim, shutters, paint color), fences other than standard six-foot cedar, and storage sheds. Modification applications are available in the homeowners association office or online at www.steinerranchhoa. org. If an improvement is made without approval, the Architectural Committee may require the removal of the improvement and/or assess fines up to \$500.00 per violation.

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Public Comments Welcome At Board Meetings

Residents are welcome to attend Steiner Ranch board meetings and address the board during the resident comments portion held at the beginning of the meetings.

Attention Golf Community Homeowners

The Steiner Ranch Homeowners' Association recently conducted a survey concerning whether the 11pm to 7am guardhouse night shift should be discontinued at the entrance to the UT golf community. The majority of responses indicated it should not. This result is contrary to a survey that the Golf Committee recently conducted which indicated that the night shift should be discontinued.

Should you wish to address the board about this issue, you may do so during the resident comments portion of the October 25th SRMA board meeting, which will take place at the Town Square Community Center at 6pm. You may participate in person or in writing. Correspondence may be sent to Randy Schmaltz at randy@steinerranchhoa.org. Board action may be taken at this or any subsequent board meeting.



DON'T WAIT – CHECK THE DATE! REPLACE SMOKE ALARMS EVERY 10 YEARS

Fire prevention week is October 9-15, 2016.

Survey data from the National Fire Protection Agency (NFPA) indicates that only a small percentage of the population knows how old their smoke alarms are, or how often they need to be replaced. This lack of knowledge may put individuals at risk in the event of a house fire.

To help educate the public about smoke alarms, the NFPA offers the following information:

- Smoke alarms should be replaced every 10 years.
- To determine how old smoke alarms are look at the manufacture date on the back of the alarm; the alarm should be replaced 10 years from the manufacture date.
- Test smoke alarms monthly by pushing the test button on the alarm.
- Install smoke alarms in every bedroom, outside of each separate sleeping area, and on every level of the home. For the best protection, make sure all alarms are interconnected.
- If a smoke alarm sounds, go to your outside meeting place and call the fire department from a cell phone or neighbor's phone.
- Do not go back into your home until the fire department says it's safe to do so.

For more information visit firepreventionweek.org



Calling All Steiner Scrappers

It's time for our Annual Fall Scrap-A-Thon!

When: Starting Friday October 7th from 6:00 PM to Sunday, October 9th at 4:00PM

Where: Towne Square Community Center

Cost: \$26.62 for the entire weekend (Does not include meals)

What can you expect?

- No distractions!
- One six foot table for your own working space
- One gift per participant
- A Consultant, with inventory for sale
- Coffee, water & snacks
- Lots of fun!

This event sells out quickly and space is limited to the first 25 registered residents. Registration opens on September 1st. Questions, please contact Desirre Ghebremicael at desirre@steinerranchhoa.org

Please visit the Eventbrite page to register:

www.eventbrite.com/e/2016-fall-steiner-ranch-scrap-a-thon-tickets-27027224155



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2016 STEINER RANCH TRUNK OR TREAT & HALLOWEEN EVENT

SUNDAY OCTOBER 30th, 4-6PM TOWNE SQUARE

Calling all Steiner Residents, Clubs, Organizations and Groups! Get your kiddos dressed in costume and your trunks and tailgates decorated for this year's Trunk or Treat and Halloween Event. The event will be held at Towne Square on Sunday, October 30th from 4—6pm. For sponsorship information, email Tracy Miller at tracymlmiller@gmail.com. We hope to see you and your little costumed kiddos on the 30th!



NEW HOMEOWNER Welcome & Wire Social

Thursday, October 6, 2016 6:30pm - 8:00pm Towne Square Community Center 12550 Country Trails Lane

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

Meet Neighbors
Learn about Social Groups & Committees
Presentation by the HOA
Question & Answer Session

Wine & hors d'oeurvres will be served. Please RSVP to Cassie Burgess at cassie@steinerranchhoa.org.





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CAMPING ON THE KANCH



Have you wanted to take the kiddos camping but don't want to venture too far from home? You're in luck! The Steiner Ranch HOA Event Planning Committee is hosting the popular Camping on the Ranch event, just minutes from home but an adventure away.

When: Saturday November 5th starting at 5:00pm

Where: Towne Square Community Fields

The entire family is invited. Pull out your tents and sleeping bags, pack food and beverages, bring a game or two, or perhaps your story telling skills. No activities are scheduled, just a great evening outdoors.

Cups & Cones will be onsite Sunday morning selling kolaches and/ or breakfast tacos and the HOA will be giving away doughnuts, hot chocolate, and coffee.

Please register for this event by visiting the url below: www.eventbrite.com/e/fall-camping-on-the-ranch-2016-tickets-27027482929









Mr. and Mrs. Claus and their elves will visit Steiner's Towne Square Community Center on December 10th for a morning of holiday cheer, breakfast, treats, crafts, story time, and visits with Santa. The event is hosted and organized by the Steiner Ranch HOA Events Planning Committee.

Admission includes catered breakfast, a digital picture with Santa and a gift for each child. Mrs. Claus will read holiday stories, and children will be able to join Santa's elves to make ornaments.

Due to the success and demand of last year's event, the Event Planning Committee is offering two seating options:

Seating option 1 will take place from 8am-9:30am

Seating option 2 will take place from 10:30am- 12:00pm

Tickets are \$18 each and may be purchased through November 26th by visiting the Steiner Ranch HOA Events Facebook page or below urls:

https://www.eventbrite.com/e/breakfast-with-santa-2016-8am-to-930am-first-seating-tickets-26931560021

https://www.eventbrite.com/e/breakfast-with-santa-2016-1030am-to-1200pm-second-seating-tickets-27297005077

Holiday Shopping Event Vendor Registration

To get residents in the holiday spirit, the Steiner Ranch Event Planning Committee will be hosting the annual holiday shopping event on Saturday, November 12, 2016 from 10:00 am - 4:00 pm at the Towne Square Community Center.

Do you make fabulous jewelry? Are you an artist? Or do you simply do amazing work or provide exceptional services you want to bring to the community? Then become a vendor! Four areas are dedicated for vendor space:

- Inside Community Center at \$ 64.29
- Outside, in the covered pavilion at \$43.19
- Outside gate at \$32.64 (must provide own tent)
- Uncovered Veranda \$22.09 (must provide own tent and table). Spaces are available on a first-come, first-served basis. Registration is open now through November 7th, .

Fees must be paid to reserve your space. No refunds after November 1st, 2016

Steiner Ranch reserves the right to deny any application based on content, similarities and/or duplication of products or services.

Service providers will be limited to no more than 4. Residents must be in "good standing" with the Association.

**Please check attendee list prior to registering. Duplicate vendors will not be accepted (unless approved by Committee Chair). Registration does not confirm your space.

Questions? Contact Desirre Ghebremicael

at desirre@steinerranchhoa.org

To register visit:

https://www.eventbrite. c o m / e / h o l i d a y shopping-event-2016tickets-26905802981





STEINER RANCH

Fall — Spring Program Guide Available

New Programs Include Hula & Fit4Mom!

Stop by the Association office for a hard copy of the new fall - spring program guide or download it at: www.steinerranchhoa.org.

CHILDREN'S PROGRAMS

Sportball

Tap/Ballet

Gymnastics

Tennis

Soccer

Flag Football

Music

Zumba Kids

Swimming

TEEN/ADULT PROGRAMS

Yoga

Tai Chi

Tennis

Hula

Fit4Mom

Running

Master's Swimming

Zumba

Ballet Barre

Fit4Mom

Camp Gladiator

For questions or more information, please contact Desiree Ghebremicael, Lifestyle Coordinator, at desirre@steinerranchhoa.org.

FREE HEALTH WORKSHOP

The following free health workshop is offered this month to Steiner Ranch Residents:

October 18th at 7:00pm, Towne Square:

Treatment of congestive heart failure. Discussion by Steiner Ranch resident and physician, Dr. Benjamin Rosin





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

*Offered activities are for adults only







Calling all Steiner writers! Regardless of whether writing is your profession or your hobby, you're welcome to join us. Please bring your laptop or notebook to Cups & Cones for any one or all of our upcoming sessions.

> **Upcoming Dates & Times:** Wednesday, October 5 – 1:30-2:30p.m. Monday, October 12 – 10a.m. – 12 p.m. Wednesday, October 19 - 1:30-2:30p.m. Monday, October 24 – 10a.m. – 12p.m.



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Steiner Activities & Events



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. 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 50 up to 70+ 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 20 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!

- 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.
- Oct 29 Armadillo Hill Country Classic (https://bikeaustin.org/ events/armadillo) Beautiful hill country views.
- Nov 5/6 Tour de Gruene (http://www.tourdegruene.com) Some of the best of the Texas Hill Country.

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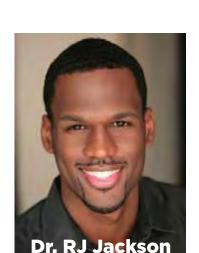
RIDE DISCLAIMER: Each rider is responsible for his or her own safety on our rides. Please join us at your own risk. Our weekly rides are open to public participation but ride leaders do NOT assume any liability for your participation. We require that all participants follow traffic laws and wear a helmet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

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OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						7:30am – SRC Ride (Cups & Cones)
7:30am – SRCC Ride (Cups & Cones)	3 8:15am - Tai Chi (TSCC) 6:30pm - Adult Yoga (TSCC)	8:15am -Tai Chi (TSCC) 6:30pm - Trails CMTE Mtg (BMCC) 8:30pm -Aikido (BMCC)	8:15am Tai Chi (TSCC) 1:30pm – Writer's Group (Cups & Cones) 6:00pm – Facilities CMTE Mtg (TSCC)	8:15am -Tai Chi (TSCC) 6:30pm - New Homeowner Social (TSCC)	7 8:15am – Free Tai Chi (TSCC) 9:30am – Run Lab (JS Park) 6:00pm – Scrap A Thon (Registration Required: TSCC)	7:30am – SRC Ride (Cups & Cones) Scrap A Thon: (Registration Required: TSCC – Ends at 4:00pm)
9 7:30am – SRC Ride (Cups & Cones)	Columbus Day 8:15am -Tai Chi (TSCC) 6:30pm -Adult Yoga (TSCC)	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.) 10am - Writer's Group (Cups & Cones) 6pm - Fairways Annual Mtg (TSCC) 7pm - Fairways Board Mtg (TSCC) 7pm - Steiner Camera Club (BMCC)	8:15am –Tai Chi (TSCC) 5:00pm – Landscape CMTE Mtg (BMCC)	l 4 8:15am – Tai Chi (TSCC) 9:30am - Run Lab (JS Park)	I 5 7:30am – SRC Ride (Cups & Cones)
7:30am-SRC Ride (Cups & Cones)	8:15am — Tai Chi (TSCC) 6:30pm —Adult Yoga (TSCC)	8:35am - Tai Chi (TSCC) 7:00pm Free Health Workshop: Treatment of congestive heart failure (TSCC) 8:30pm - Aikido (BMCC)	l 9 8:15am – Tai Chi (TSCC) 1:30pm – Writer's Group (Cups & Cones)		2 I 8:15am – Tai Chi (TSCC) 9:30am - Run Lab (JS Park) , Hope, and Healing Pe olletion Drive (HOA Off	
7:30am - SRC Ride (Cups & Cones) 10am-3pm Pumpkin Patch (JS Park) 7:30am - SRC Ride (Cups & Cones) 4-6pm Trunk or Treat (TSCC)	8:15am – Tai Chi (TSCC) 10am – Writer's Group (Cups & Cones) 6:30pm – Adult Yoga (TSCC) 8:15am – Tai Chi (TSCC) 6:30pm – Adult Yoga (TSCC) Happy Halloween! 3 I	25 8:15am - Tai Chi (TSCC) 6:00pm - SRMA Board Mtg (TSCC) 8:30pm - Aikido (BMCC)	26 8:15am - Tai Chi (TSCC)	8:15am -Tai Chi (TSCC) 6:00pm - SRROA Board MTG (TSCC)	28 8:15am - Tai Chi (TSCC) 9:30am - Run Lab (JS Park)	29 7:30am – SRC Ride (Cups & Cones)



NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Pionday	Tuesday	vveunesuay	i ilui suay	Filday	Saturday
		8:15am -Tai Chi (TSCC) 6:00pm - Lakeview Board Mtg (TSCC) 6:30pm - Trails CMTE Mtg (BMCC) 8:30pm -Aikido (BMCC)	8:15am Tai Chi (TSCC) 6:00pm - Facilities CMTE Mtg (TSCC)	3 8:15am -Tai Chi (TSCC)	4 8:15am – Tai Chi (TSCC) 9:30am - Run Lab (JS Park)	7:30am – SRC Ride (Cups & Cones) Camping On The Ranch Starting at 5:00pm (Towne Square Fields)
6 Daylight Savings Time Ends 7:30am - SRC Ride (Cups & Cones)	7 8:15am -Tai Chi (TSCC) 6:30pm - Adult Yoga (TSCC)	Election Day 8 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 J O 5:00pm – Landscape CMTE Mtg (BMCC) 6:00pm – Casitas Annual Mtg (TSCC) 7:00pm – Casitas Board Mtg (TSCC)	Veterans Day 8:15am – Tai Chi (TSCC) 9:30am - Run Lab (JS Park)	12 7:30am – SRC Ride (Cups & Cones) 10am-4pm - Holiday Shopping Event (TSCC)
7:30am – SRC Ride (Cups & Cones)	l 4 8:15am -Tai Chi (TSCC) 6:30pm -Adult Yoga (TSCC)	8:15am – Tai Chi (TSCC) 6:00pm – Lakeview Board Mtg (BMCC) 7:00pm – Free Health Workshop (TSCC) 8:30pm – Aikido (BMCC)	8:15am -Tai Chi (TSCC)	I 7 8:15am -Tai Chi (TSCC)	I 8 8:15am -Tai Chi (TSCC) 9:30am - Run Lab (JS Park)	1 9 7:30am – SRC Ride (Cups & Cones)
7:30am-SRC Ride (Cups & Cones)	2 I 8:15am –Tai Chi (TSCC) 6:30pm –Adult Yoga (TSCC)	8:15am -Tai Chi (TSCC) 8:30pm - Aikido (BMCC)	23 8:15am -Tai Chi (TSCC)	24 Thanksgiving Day 8:15am –Tai Chi (TSCC)	25 8:15am – Tai Chi (TSCC) 9:30am – Run Lab (JS Park)	26 7:30am – SRC Ride (Cups & Cones)
7:30am – SRC Ride (Cups & Cones)	28 8:15am –Tai Chi (TSCC) 6:30pm –Adult Yoga (TSCC)	8:15am -Tai Chi (TSCC) 6:00pm - SRMA Board Mtg (TSCC) 8:30pm - Aikido (BMCC)	8:15am - Tai Chi (TSCC)			









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Does Invisalign work as advertised?

Mean accuracy of tooth movement: 41% Range of accuracy from 18% to 47.1%

Accuracy in extruding teeth: 18.3% to 29.6%

Accuracy of Mesial-distal tipping of canines: 26.9% (Lajodo 2007 05 018: www.ajodo.org)

Passing Rate of cases treated Invisalign v. Braces: 27% lower

"Deficient in its ability to correct overjet & occlusal contacts" (j.ajodo.2005.06.002; www.ajodo.org)

Mean percentage of simple tooth movement goal (30 patients moving one incisor a single 1mm) only 57% (j.ajodo.2103.10.022; www.ajodo.org)

Minimal Improvement in occlusal score based on Board standards from 47 to 36.4 (0 is ideal) "Negative change (2.5x worse after treatment) in posterior occlusal contacts with Invisalign" "Treatment with Invisalign aligners had adverse effects on posterior occlusal contacts" (j.ajodo.2004.07.016; www.ajodo.org)

"According to the OGS, Invisalign did not treat malocclusions as well as braces... Invisalign was especially deficient in its ability to correct large anteroposterior discrepancies and occlusal contacts." (j.ajodo.2004.05.002; www.ajodo.org)

Will you accept a meager 41% or less "success" result for your family? Are you being offered what is best for you or your family?



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STEINER RANCH CAMERA CLUB

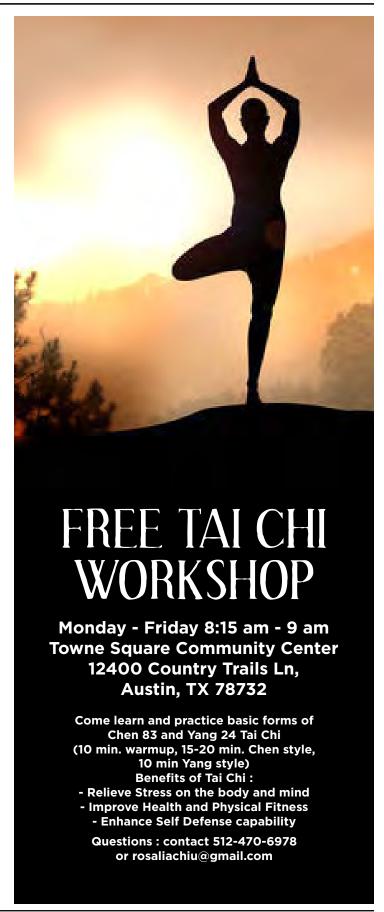
Are you a shutterbug at heart? Then you should come out and join fellow photographers at the Steiner Ranch Camera Club!

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, from 7:00pm to 8:30pm. To get involved, "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.

In June, iPhone-ographer, Carlos Austin, showed us that with proper photographic technique, you can create masterpieces with just your smartphone. In July, Professional Photographer and Author, John Rogers, spoke to the group about his most recent project, "Austin: A Photographic Journey". Currently, the club is focused on our first annual end of year photo exhibit. Our theme for this year is, "Why I Love Steiner Ranch". Photos will be donated to the HOA, to be displayed throughout our community centers.

If you have questions, contact Jeff Wagner at jeffamy3@mac.com, Tim Babiak of Exquisite Photography, at tim@exquisite.photo or our newest member to the Leadership team, Vicki Leonardo, at vicki@davinciimages.com. You can also reach us on Facebook at the "Steiner Ranch Camera Club" group page.



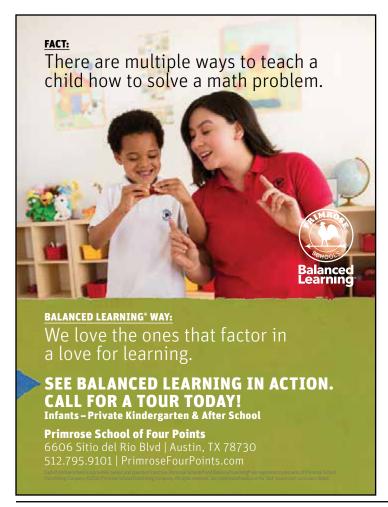


YOUNG DHEART

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.



WAGS, HOPE, AND HEALING

PET ITEMS COLLECTION DRIVE —DONATIONS NEEDED!

When: Thursday October 20 - Saturday October 22 Where: Bin located outside of the HOA office at 12550 Country Trails Lane

What: Donate your new or gently used dog items to support Wags, hope and Healing- a 501c3 nonprofit dog rescue organization that rescues dogs in Central Texas from abuse, neglect or abandonment situations. They are in need of new or gently used dog and property maintenance items like:

- Bathmats and rugs
- Can openers, large spoons, metal bowls
- Baggies
- Outdoor shading
- Tubs for water cool downs
- Towels and heavy blankets (no stuffing please)
- Cleaning supplies
- Office supplies
- Exercise pens and play pens
- Radios for dog environments
- Squeaky toys and chews
- Puppy piddle pads
- Martingale collars
- Whelping box
- Flea & tick preventative
- Kuranda beds
- Dogloos and housing
- Airstream for volunteer quarters

Wags, Hope and Healing is also in great need of financial assistance for spay and neuter programs, medications and supplies, vehicle and property maintenance, behavioral training, and medical procedures to help the dogs in their care. If you'd like to make a tax-deductible donation, or to learn more about Wags, please visit their website at wagshopeandhealing.org.

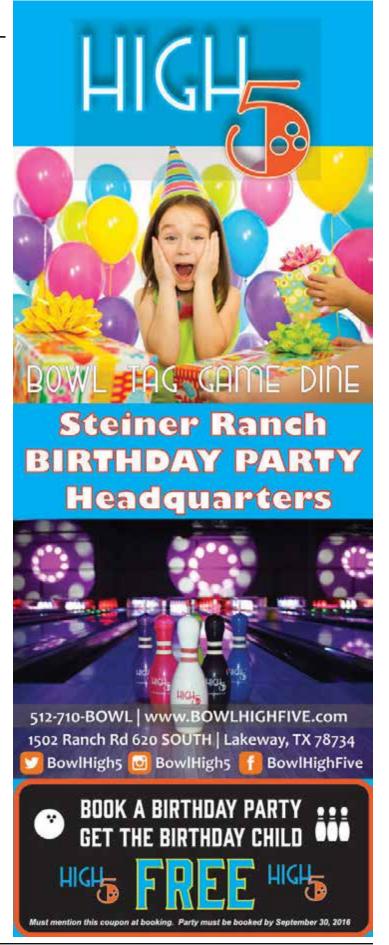


Steiner Serves Seeking Donations For Children Served by Court Appointed Special Advocates of Travis County

Submitted by Karen Steans

Steiner Serves November Initiative is once again CASA. What is CASA? It is Court Appointed Special Advocates of Travis County. CASA is an advocate for children who have been abused or neglected. CASA means having a home instead of feeling lost, and being a priority instead of feeling invisible. CASA of Travis County is now one of the top ten CASA programs in the nation who advocate for 1,600 children a year. These children have often been removed from everything familiar - their homes, family, friends and school. They find themselves in a world filled with social workers, lawyers, judges, and courtrooms where decisions are made on their behalf. Thank you to the people in Steiner Ranch and The Four Points area for bringing joy and delight to the CASA kids over the past several holiday seasons. Your donation of gifts and/or gift cards made many CASA kids very happy last year. This brightened the holiday season for children who had been abused or neglected.

Once again through Steiner Serves we are collecting gift cards or money to be given to the children that CASA represents throughout the month of November. There are more than 1,000 children who need our help. That's a lot of stockings to fill, so I am asking you to join in and purchase a \$30.00 gift card or drop some cash into the decorated box at Cups & Cones. Many of these children are in intermediate and high school and are often forgotten. This age child prefers Target or Wal-Mart gift cards, however any type of gift card is great. All gifts will be used for the children. Again, please think about helping these CASA children by purchasing a \$30.00 gift and dropping it into the decorated box at Cups & Cones during the month of November. If you have any questions, please contact Karen Steans at Kjsteans@gmail.com.



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

Monday	2:00pm - 10:00pm
Tuesday - Sunday	7:00am – 10:00pm

Towne Square Pools

Monday 12pm – 10:00pm Tuesday – Sunday 8:00am – 10:00pm

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 Board 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.

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!



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West Austin Chamber of Commerce Invests in Our Community

Submitted by Tom Henry, Director of Health and Wellness – West Austin Chamber of Commerce

On July 1st 2016 the Four Points Chamber rebranded to the West Austin Chamber of Commerce. The name change is needed to help in being identified as part of the greater Austin Texas area. This leverage is necessary to expand our geographic area and help with many of the issues our businesses and community members face.

Some of the major pertinent issues that the West Austin Chamber is currently involved with include:

- Relieving the overload of the 620/2222 traffic corridor
- Facilitating transportation to bring workers to West Austin to assist in business staffing shortages
- Addressing the need for increased youth and adult recreational facilities for our area, including additional sports fields, pools and community facilities.

It is of significant importance to be identified as part of the greater Austin area to help raise awareness of local issues and that we need our city's support. We are working with business and neighborhood committees to bring focus to our area's choking traffic

congestion, as well as concerns with our local and state government.

The West Austin Chamber has been around since March of 2010 and has grown to over 135 members. We provide various

2010 and has grown to over 135 members. We provide various opportunities to get involved in the business community that bridge to our West Austin community residents. The chamber provides educational opportunities for businesses and residents through monthly speaker luncheons. We offer a free monthly WordPress class that is open to all community members to help beginners build and manage Websites to ensure the use of best practices. We have powerful Coffee and Connections meetings to help attendees reflect and improve through a very interactive networking setting.

In September, we hosted the District 6 Candidate Forum to allow our business and community members the opportunity to interact directly with the candidates who will be addressing our West Austin area concerns of responsible growth and mobility over the course of the near and distant future.

We have formed a coalition of area neighborhoods and Chambers of Commerce in an effort to present a united front in the face of issues commonly shared by our communities. This group gives us leverage when we work with the City Council, TxDOT and County Commissioners. We have strength in numbers as we work together to bring the needed attention to our concerns.

We are working with Capitol Area Metro to explore how our businesses can work together to leverage Van Pools to relieve employee shortages that our businesses typically face here in West Austin. We are in discussion with Capitol Area Metro and TxDOT about a park and ride facility to be located on the proposed 620 Bypass.

The West Austin Chamber has been working to bring additional facilities to support our needs for sports fields, pools and a library with meeting space for community use.

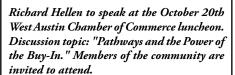
We have also started working a plan to begin a West Austin Junior Chamber of Commerce which will strive to empower young professionals through professional enrichment, leadership development and community service. This platform will be rolling out later this year.

The West Austin Chamber is more than just a business networking organization; it provides a voice for our community. Investment in the West Austin Chamber is open to all (Businesses and Individuals) and we want to be the "Golden Thread to Pull the West Austin Community Together."

Our next luncheon is on October 20th, starting at 11:30am – 1pm at River Place Country Club, as Richard Hellen joins us to explore "Pathways and the Power of the Buy-In" This event is open to all – members, future members and the community.

Richard served proudly for 23 years in the United States Army and completed one tour in Iraq. However, upon his exit from the military, he was appalled at the lack of leadership, people building skills and camaraderie that was missing in the workforce. As a result of witnessing this void of leadership, Richard created Pathways a leadership and relationship coaching organization committed to helping people grow so they can intentionally assist in growing others. Background:

The West Austin Chamber of Commerce provides networking opportunities through social gatherings, luncheons and business network meetings. We represent the West Austin businesses and our community. Now well over 135 members strong and growing, the West Austin Chamber of Commerce brings businesses together along Highway 620 from Hudson Bend and Mansfield Dam to Anderson Mill, and along Ranch Road 2222 from Jester to Volente, to support business growth in the community. For more information about upcoming events contact us at Linda@WestAustinChamber. Org, visit www.WestAustinChamber.org



Protect Your Home From Excessive Water Pressure

- Check Your Pressure Regulating Valve (PRV)

Submitted by WCID 17



Water systems in the Hill Country have widely varying pressure because of the uneven terrain. Water pressure in the large mains can range anywhere from 55 to over 150 psi (pounds per square inch) depending on the elevation of the area. In the highest pressure areas, District 17 has installed in-line pressure reducing valves to keep the pressure down, however, these valves can sometimes fail, and individual pressure regulating valves

(PRV) should be installed at each home.

Your home's water pressure should be set no higher than 80 psi in order to protect your pipes, and if you do not have a pressure regulating valve (PRV) installed, you should install one to reduce the main pressure to a proper level for your home. If you do have a PRV installed, you should check it regularly to make sure it is working. If your water pressure fluctuates drastically, drops off suddenly, or goes extremely high, you should immediately check your PRV.

A PRV is located on the customer side of the meter box after the shut off valve. The required type of regulator will have a built-in thermal expansion bypass, (for example, the WATTS series LFN55BM1-U). The District requires use of a valve with an all brass body and top, because other materials such as aluminum or plastic deteriorate rapidly in the soil. The valves may be purchased at any home improvement store or at the District Office. These valves should be installed by a licensed plumber, but no permit is required.

If you need any further information, please contact the District Field Supervisor, Henry Marley, at (512) 748-2868.



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34 Ranch Record - October 2016

Concordia Students Clean Up 7,000 Golf Balls From Preserve

Submitted by Johanna Arendt, Community Liaison, Travis County Transportation & Natural Resources

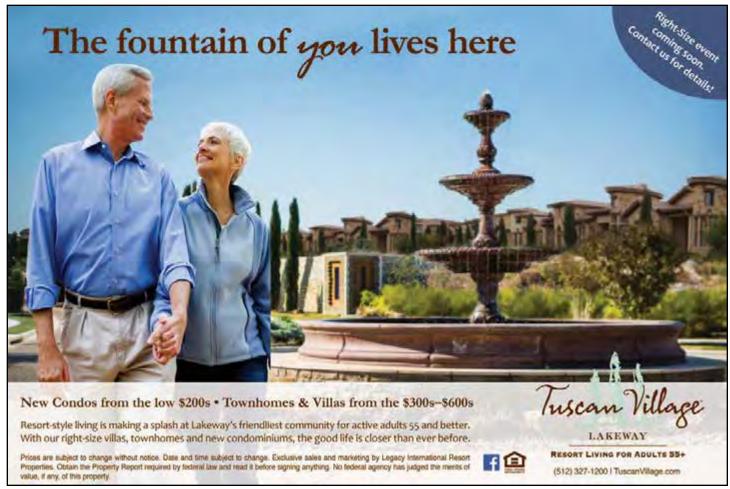
On a hot morning in late August, 25 Concordia freshmen set to work on the Balcones Canyonlands Preserve. In just two hours, they picked up approximately 7,000 golf balls, weighing 700 pounds!

The event was coordinated by Travis County and Concordia University, which encourages freshmen to engage in service activities during their orientation week. The UT Golf Club supported the event by providing bottled water for the volunteers and allowing access to the preserve through the golf course.

That morning, more than 100 Concordia students worked on service projects throughout the community, from cleaning up trash to removing

(Continued on Page 36)





News You Can Use



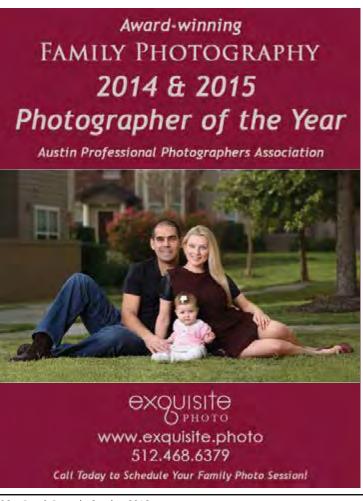
(Continued from Page 35)

invasive plants near their campus. Travis County staff appreciates the students' hard work, sense of humor, and dedication to giving back.

The Balcones Canyonlands Preserve relies on community volunteers. If you're interested in getting involved in a future work day or guided hike, check out upcoming opportunities at https://www.traviscountytx.gov/tnr/bccp or email Johanna Arendt at johanna.arendt@traviscountytx.gov.

Steiner Ranch is closely tied to the preserve. Land was permanently set aside for endangered species when Steiner Ranch was developed in order to make up for the habitat lost during construction. That land is now part of the Balcones Canyonlands Preserve (BCP), which in addition to providing habitat, also helps reduce flooding and cleans the water and air. It helps preserve Austin's quality of life for both people and wildlife. Help celebrate 20 years of the BCP by getting involved today!











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News You Can Use



This flavorful pasta dish from Lake Austin Spa Resort's Executive Chef Stephane Beaucamp is perfect for a date night at home or when you want to impress friends with your expert culinary skills.

INGREDIENTS

LEMON-THYME SAUCE

1/4 cup rice vinegar

1/4 cup white wine

4 thyme sprigs

1 teaspoon heavy cream

8 tablespoons (1 stick) plus 2 tablespoons cold unsalted butter, divided

1 teaspoon freshly squeezed lemon juice

1 teaspoon finely grated lemon zest

Kosher salt

HERB REDUCTION

1 cup chicken stock

1 tomato, peeled, seeded, and finely chopped

1 tablespoon minced chives

2 tablespoons Italian parsley leaves, julienned

1 teaspoon finely grated lemon zest

Freshly ground white pepper

8 ounces garganelli pasta, or another tubular pasta such as penne or cavatappi

Olive oil

12 medium Gulf shrimp, peeled and deveined

1 tablespoon olive oil

1 tablespoon unsalted butter

1/4 teaspoon minced garlic

1 small shallot, minced

(Continued on Page 39)

DIRECTIONS

Heat the vinegar, wine, and the thyme sprigs in a small saucepan over medium-low heat until the mixture is reduced to a syrupy consistency. Remove the thyme sprigs and set them aside, and then whisk in the cream. Cut the stick of butter into cubes and then gradually whisk them into the sauce. When the butter is incorporated, stir in the lemon juice and zest. Strip the thyme leaves from the sprigs and stir them into the sauce; season with salt and keep warm.

In a separate skillet, simmer the chicken stock over medium heat until reduced by half. Whisk in the remaining two tablespoons of butter. Add the tomato, chives, parsley and lemon zest, and season to taste with salt and white ground pepper. Set aside.

Bring a large pot of water to a boil, add a generous pinch of salt and cook the pasta according to package

directions until al dente. Drain the pasta but do not rinse, transfer to a bowl and then toss them with a drizzle of olive oil.

Season the shrimp with salt. Heat the olive oil in a medium skillet over medium-high heat. When the oil is very hot (but not smoking), add shrimp and cook, stirring, until they turn pink (about 1 minute). Add the butter, garlic, and shallot cook for an additional 2 minutes. Remove from heat and keep warm.

To assemble the dish, toss the pasta with the warm Herb reduction. Divide the pasta among four serving plates, top with equal portions of shrimp and Lemon-Thyme Sauce and serve immediately. Enjoy!



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In Every Issue







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BUSINESS CLASSIFIEDS

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Please submit your information to communications@steinerranchhoa.org if you would like to be added to the list.

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Purchase a Vanquish Fat Reduction Package of 4 or 6 for your thighs and save on a ZWave Cellulite Reduction.

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Spotlight Spotlight

QUARTERLY BUSINESS DIRECTORY

FOUR POINTS EDITION FALL 2016



BE WISE AND IMMUNIZE AGAINST FLU

Reviewed by Crystal Cherico, RN ADC Clinical Supervisors and Travel Clinic Director



Influenza is a serious, potentially life-threatening disease but cases increase between October and March in the U.S. Flu can cause absences at school and result in lost production at work.

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

So, who should get the flu vaccine?

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

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

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

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

Are there people who should not get a flu shot?

Talk to your doctor if you . . .

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

When should you get vaccinated?

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

Can I get the flu from a flu shot?

No. The injection you will receive is a dead virus - it cannot give you the flu. However, you may experience side effects such as a sore arm, mild fever or achiness that may last up to two days. In years past the alternative to the flu shot was Flu Mist, a nasal flu spray. However, earlier this summer, the Centers for Disease Control stated they DO NOT recommend Flu Mist because of studies showing its ineffectiveness in protecting individuals from getting the flu.

What is the High Dose Flu Vaccine?

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

What is the difference between the flu and a cold?

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

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

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

- Flu shots \$40 (or will file insurance)
- High Dose Flu Shots \$65 (will file insurance)

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



- 1. http://www.cdc.gov/flu/index.htm
- 1. ntp://www.cuc.gov/jucinuex.ntm 2.http://www.nejm.org/doi/full/10.1056/NEJMoa1315727?query=featured_home& 3. http://www.cdc.gov/media/releases/2016/s0622-laiv-flu.html

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

BE WISE & IMMUNIZE AGAINST CAINST

ADClinic.com/flu 512-901-1111



ADC Steiner Ranch 5145 RM 620 N., Building I 8am to 5pm Monday-Friday Get a flu shot and protect yourself and your family this flu season.



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





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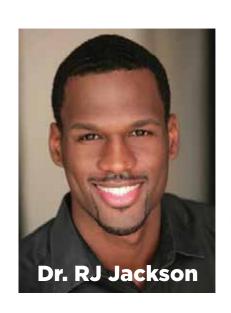
Braces at 7-Years-Old, Is That Too Young?

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 board-certified orthodontist.





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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



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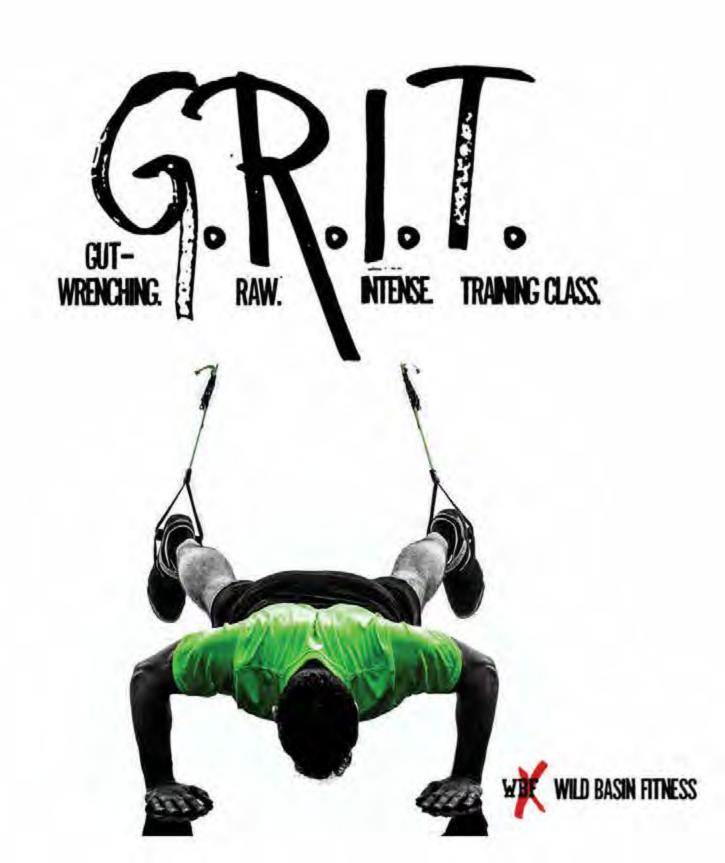
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Is your child on pace for math success?

The fall semester is well underway, and it's time for a math checkup! Can your child answer these mental math questions? The results may surprise you! If they can solve questions at and above grade level, they could be ready for a challenge! If they are unable to answer questions at their grade level or below, they may be in need of extra help.



First Grade	11 + 12 =
Second Grade	1+2+3+4+5+6+7+8+9+10=
Third Grade	How much is 99 plus 99 plus 99?
Fourth Grade	Count by $1\frac{3}{4}$ from 0 to 7.
Fifth Grade	Which is greatest: 17 23 or 18 ? (Explain how you got your answer.)
Sixth Grade	Halfway through the second quarter, how much of the game is left?
Seventh Grade	How much is $6\frac{1}{2}$ % of 250?
Pre-Algebra	On a certain map, 6 inches represents 25 miles. How many miles does 15 inches represent?
Algebra	When you take 3 away from twice a number, the answer is 8. What is the number?
Geometry	What is the Absolute Value of the point (3, 4)?
	Second Grade Third Grade Fourth Grade Fifth Grade Sixth Grade Seventh Grade Pre-Algebra Algebra

Whether your child is far behind, performing at grade level, or eager to get ahead, Mathnasium's personalized programs can help. Contact us today to get started!

For answers and explanations, visit: mathnasium.com/answers

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