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FOUR POINTS NEWS

Volume 7, Issue 42 • 8 pages

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Thursday, October 20, 2011 • 50 cents

New apartments, storage facility planned for Steiner

By LYNETTE HAALAND
Lynette.FourPoints@gmail.com

The Steiner Ranch Apartment project hopes to break ground in early 2012 pending approvals. In a separate project, a contract is pending for a new storage unit to be built on a lot across from Quinlan Crossing.

Many in the Steiner community are not pleased with these announcements. A petition is being circulated and opposition support is being drummed up for public hearings.

Greystone Steiner Associates are the developers for 4800 Steiner Ranch Blvd. and they want to build a 298 unit complex called Steiner Ranch Apartments on the 52 acre parcel. The proposed 26 buildings will be two and three stories tall.

In another project, Taylor Woodrow Communities/Steiner Ranch LLC is seeking to subdivide 4807 N. Quinlan Park Rd. They want to subdivide the 81 acre tract into four lots. Additionally there is a contract pending on one piece of the tract to build a 100,000-square-foot, climate controlled storage facility.

These two commercially des-

igned sites, known as MU 13 and MU 14 on Steiner Ranch community maps, are going through the approval process at the City of Austin. The City of Austin Environmental Board is currently reviewing both.

"The (developers) want it approved as quickly as possible. It usually takes six months from submitting to approval," said Sarah Crocker, of Crocker Consultants and the authorized agent working for both developers on the two different sites. Her job is to get the projects through the approval process.

There are community members opposing both proposed developments. A petition is being circulated via email to gather signatures to stop or stall the project. It says: "We would like to obtain signatures from 75% of the Steiner residents who do not wish to see our pristine master planned community embedded with such businesses."

Another form being circulated is a Public Hearing form from the City of Austin Planning and Development Review Department where residents within 500 feet of the proposed development can say whether they are

in favor of or object to the new development.

When the projects seek approval from the City of Austin Zoning and Platting Commission, the board will consider public opinion, said Brad Jackson, Environmental Review Specialist with the City of Austin.

The triangle of land being focused on is bound by RR 620, Quinlan Park Road and Steiner Ranch Boulevard and is on the the Steiner Ranch Steakhouse side, opposite Quinlan Crossing.

"Unlike the Randalls side, this side of Quinlan Park is primarily a permanent set aside, a conservation easement. A portion of it can be developed but the majority of it will forever remain undeveloped, which is a good thing," Crocker said.

MU 13 and MU 14 will never be as developed as the Quinlan Crossing site which is the largest commercial development in Steiner, she said.

"There simply isn't another piece of property in Steiner where you can build that kind of density. The Randalls site has no preserve land, not one square foot of that property is in a conservation easement. The exact

opposite is true on the other side of Quinlan," Crocker said.

The 4807 N. Quinlan Park Rd. site, has over 50 percent of the property within the Conservation Easement with the black-capped vireo habitat and the critical water quality and transition zone, Crocker said.

Similarly, half of the 4800 Steiner Ranch Blvd. site has a Conservation Easement for the black-capped vireo habitat.

Apartment site:

The Steiner Ranch Apartment project was submitted for formal review on Aug. 22. Usually these types of projects have a number of formal and informal updates to address issues and do minor changes, Jackson said.

"The developers want to start as soon as they can but realistically they won't get their permit approval until the spring," Jackson said.

One step is to get construction approval in a Critical Water Quality Zone. This variance has to do with the amount of cut and fill the property will have to do, common in sloping areas. They will have to fill some steep areas as much as 20 feet and build

retaining walls, Jackson said.

The main reason for the variance is that the project has to meet requirements for proper fire protection. Fire authorities are requesting access to the back of all of the apartments. Since there will be little backyard space behind each building, this triggers big areas of fill and cut, Jackson said.

Crocker said the 298 units will be a variety of unit mixes including flats and some built with parking underneath.

"It will be a really attractive apartment complex and will blend in well," Crocker said. In comparison, the new apartment project will be considerably smaller than the 502 apartment units at Monterone at Steiner Ranch.

Storage facility site:

Taylor Woodrow Communities/Steiner Ranch LLC applied on Sept. 21 for a re-subdivision variance at 4807 North Quinlan Park Rd. to create four lots.

Jackson expects in the next month or two that the subdivision will be approved.

The developers are also seek-

SEE APARTMENT, 2

Travis County investigates 8th Lake Travis drowning of 2011

On Thursday at 6:56 p.m., Travis County Deputies were called to the Paradise Cove Marina, 17141 Rocky Ridge Rd., in reference to a man who fell off a boat in Lake Travis near the marina and was drowning.

STARflight, Austin/Travis County EMS, Lake Travis Fire Rescue, LCRA and the Sheriff's Office responded to the scene. When the man was not located Thursday evening, the Travis County Sheriff's Dive Team was called. The Dive Team dove in the area where the man was reportedly last seen but could not locate him after an extensive search on Friday.

On Sunday at 2:57 p.m., a boater on Lake Travis reported that they found a body floating in the main channel near Paradise Cove Marina in about 50 to 60 feet of water. Deputies along with a Detective and the Medical Examiner's Office recovered the body from the lake.

The ME's Office has conducted their initial investigation. The man was identified as Dilip Kumar Kanduri, 23, of Belton, Texas. According to the Detective there was no indication of foul play and it appears that the man died of accidental drowning.

River Place Country Club hosted golf fundraiser for injured teen

By LESLEE BASSMAN
LBassman@austin.rr.com

Nope, you weren't dreaming if you saw a hot air balloon perched atop the grounds of the River Place Country Club on Friday morning. The colorful balloon was very real and provided the perfect "accessory" to highlight the Kristy Klassic Golf Benefit hosted on the championship course.

In May, 19-year-old Kristy Bell had just completed her freshman year at Austin Community College when she was involved in a serious traffic accident which caused her left arm to be amputated. Mounting medical bills and the hopes to fund a new prosthetic for Bell have put a financial strain on the family.

Retired United States Air Force Colonel Russ Perkins, an avid golfer at River Place Country Club, heard of the situation and organized a fundraiser. Perkins enlisted the help of RPCC General Manager Kevin Chance who hosted last weekend's event and donated range balls.

The event featured golf, a silent auction, hot air balloon rides and range ball drop.

"It's been three and a half months of hard work but it's for a great cause," Perkins said.

Helping Bell and her family was at stake.

Bell is taking it day by day. She undergoes physical therapy for her injuries but is still plagued by phantom pain from her missing limb, said Julie Baumgart, Bell's mom.

The accident was May 28 and Bell was flown by Star Flight from the Lake



Somerville site to the Scott & White Trauma Center in Temple where she remained for three weeks. Despite enduring eight surgeries in 16 days, doctors could not save her left arm which was amputated following a severe infection.

"It's been hard, real hard. She had lost a lot of blood and we weren't sure she'd make it. I wanted to fix it and trade places with her but I can't. She'll have her obstacles to face; everything will be more difficult for her with one arm. But she made it through and that's all we care about," Baumgart said.

Mother and daughter have also seen Lexington High School, Bell's alma mater, and Manor communities band together to support their local girl.

SEE KRISTY, 2

Above: Kristy Bell (center), flanked by Lexington High School friends Caitly Holt (left) and Kaci Sandifer (right), throw caution to the wind as they embark on a tethered hot air balloon on the grounds of the River Place Country Club.

Top Rt: General Manager Kevin Chance (left) and Kristy Klassic Golf Benefit organizer Russ Perkins (right) assist in loading the chopper with 1,000 numbered golf balls which donors purchased in hopes of winning the grand prize for the ball dropped closest to the pin on the 15th hole.

Onlookers at the Kristy Klassic Golf Benefit race onto the River Place Country Club greens to find the grand prize winner of Friday's helicopter ball drop.

Photos by Leslee Bassman



Inside

- School.....3
- Opinion4
- Food.....5
- Community.....6
- Classifieds.....6
- Sports.....8

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Steiner Ranch Old Pros hosting Dr. Dick Chopp this week

By LYNETTE HAALAND
Lynette.FourPoints@gmail.com

The Steiner Ranch Old Pros club is hosting Urologist Dr. Dick Chopp at the Steiner Ranch Steakhouse this week - it's just one of many events the new guys

group is putting on.

In less than six months, SROP has over 80 members, and Chopp, a vasectomy doctor, is part of a solid line up that the guys-only club has organized.

Also in the works are basketball games, golf tournaments, a

10-K run, a hay ride and a black tie holiday event - all to raise money for Four Points.

"Having fun with a mission is our goal," said Dante Fichera, chairman. "We want to use the proceeds to give back to the community."

Steiner Ranch Old Pros was formed to promote athletic and educational development, specifically in Steiner Ranch and River Place.

Earlier this year Fichera co-founded the group with Scott Kunkel and Tyler Elwood. The three put it together and based it after a group in San Diego called Scripps Ranch Old Pros.

"Scripps Ranch has the exact same demographics as Steiner and we wanted to do something similar here," said Fichera, who worked in San Diego at Merrill Lynch with Kunkel in the late 1990s.

In July 2009 when Fichera moved to Texas, the first time he ever moved east of California's Interstate 5, he found Kunkel while logged into LinkedIn one day. Not only did they discover they both lived in Steiner but also that their kids were going to the same elementary school.

Kunkel knew about the Scripps Ranch group because his brother is a member.



Steiner Ranch Old Pros had its first meeting in May at the Steakhouse with some 75 in attendance. Bobby Steiner was the inaugural speaker sharing Steiner Ranch history of when

SEE PROS, 2



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The Four Points Chamber of Commerce Salon Hue ribbon cutting was held on Friday. Friends, family, clients and the business community welcomed Trina Mallet and her staff to her new Steiner Ranch salon in the Shops at Steiner.

LCRA donates \$5 million for Bastrop wildfire relief

The Lower Colorado River Authority presented a ceremonial \$5 million check to Bastrop County officials on Monday at the Bastrop County Courthouse.

The \$5 million grant will be used for wildfire relief efforts and must be used as matching funds to help Bastrop County qualify for FEMA or state emergency relief programs.

"LCRA has a vital interest in the recovery in Bastrop County," said Tim Timmerman, chairman of the LCRA Board of Directors. "The Colorado River runs through the county. LCRA power plants, parks and other facilities are located there."

"The potential threat to water quality, the environment and economic development in Bas-

troop County are significant, and we are pleased to provide this money to help in the recovery effort," Timmerman said.

The money may be used for restoring essential services, mitigating public health hazards, protecting the environment, ensuring public safety and reforestation. It may not be used on private property.

Bastrop County is one of 10 counties named in the 1934 legislation that created LCRA. Under that and subsequent legislation, LCRA is charged with duties such as helping to manage floods and store water, monitor water quality in the Colorado River and promote economic development throughout a 10-county area, including Bastrop County.

Chamber's annual Business Expo is Thurs.

The Four Points community is invited to the free Four Points Chamber of Commerce 2011 Business Expo and Networking Event on Thursday.

The Oct. 20 event will feature area businesses and a keynote speech "Making the Most of To-

day" from Drew Sanders, Head Coach / Athletic Director for Vandegrift High School.

It is open to members and non-members. For more information go to www.FourPoints-Chamber.com

Appraisal District granting tax relief to wildfire victims

The Travis County Central Appraisal District will grant property tax relief for those whose homes were burned down or damaged.

Those whose homes burned down to the foundation will have to pay tax on 18 percent of the home's value and pay tax on the land. The discount is calculated according to the number of days the home existed before it was destroyed.

Travis County and Pflugerville ISD are the only local jurisdictions to offer such tax breaks, according to a press release from the Travis County Central Appraisal District. Check out that press release for a list of homes they've identified for this break or call 512-834-9138.

APARTMENTS, FROM 1

ing approval to allow construction in a Critical Water Quality Zone for the construction of a private roadway to provide primary access. The site can only be accessed from Quinlan Park Road since access from RR 620 is prohibited from local and state authorities.

In the back corner of the tract is where developers want to build the storage facility.

The proposed climate controlled storage facility will be about 100,000-square-feet, two stories, with masonry stucco sides and a tile roof. Steiner's commercial design criteria is more stringent than residential, Crocker said.

"It's not going to be a big orange building. It will not be for industrial use," Crocker said. "Lots of people like to have storage."

Over the past years, there have been six or seven land plans on the 81 acre, MU 14 site including a hotel, medical offices and apartments. Currently the only proposal seeking approval is the storage facility, Crocker said.

KRISTY, FROM 1

"When she goes to therapy, whoever's around goes with her and works out with her," said Baumgart. "So it's more encouraging."

Last weekend's event at River Place also gave the family encouragement.

"For a bunch of rookies, we've come a long way," Perkins said.

Not only did 50 golfers enjoy a round of golf but around 1,000 numbered golf balls were dropped over RPCC's 15th green. Buckets of sponsored golf balls were dropped from the door of a helicopter flying above a tee. Donors who had purchased a golf ball were eligible to win a grand prize if their ball landed closest to the pin.

Scott Felder Homes sponsored tethered rides on the corporate hot air balloon which was made possible through Scott Felder President Steve Krasoff, who is also a River Place resident.

RPCC's yoga room was filled with silent auction items ranging from a football autographed by Longhorns' Head Coach Mack Brown to an electric guitar containing the signatures of The Eagles band members.

At the end, Perkins estimated the event took in over \$14,000 for a very grateful family.

For more information on how you can still donate, go to www.kristyklassic.org.

PROS, FROM 1

his family raised rodeo stock on the land.

Meetings have been averaging around 50 or so each time but Fichera expects 100 or so to come out to the bourbon meeting. That is also the membership drive meeting in November.

The club has about 300 men on its Evite list for the open meetings. Past speakers have been Bret Champion, Leander ISD superintendent, Peter Lubell, Austin Toros COO, and Dr. Keith Phillips, Dallas Federal Reserve Economist.

The membership is \$100/an-

nually for all of the beer you can drink, Fichera said.

"Our goal is to have fun and relax and at the end of the day raise money," Fichera said.

On the academic front, Steiner Ranch Old Pros want to give towards classroom needs like computers or supplies and plan to give academic scholarships. It will also give scholarships in local sports organizations such as Neighborhood Sports, Lone Star Soccer and the local swim teams.

Best case scenario would be to raise \$50,000 to \$100,000 in 2012 and give a sizable amount away after expenses. Then set up a foundation to keep growing funds with a goal of giving away 75 percent of what is taken in each year, Fichera said.

"That will be a success," he said. It takes six months to set up a 501c3 and the organization is almost approved.

After three decades, the San Diego Old Pros has around 500 members and 100 at their meetings. Each year they give around \$500,000 in charitable contributions back to their community through sports and education.

It would be nice to achieve that one day, Fichera said. To get on the Evite list, send an email to contactsrop@sropatx.com



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“Twilight High School” Opens Doors for At-Risk Students

This week, I am excited to tell you about a fantastic learning opportunity Leander ISD is offering to help close the achievement gap among at-risk students. After researching similar effective services in other school districts, earlier this fall, LISD launched “Twilight High School,” an after-hours alternative program that allows students to earn their high school diploma.

Most of the students at Twilight High School were recruited because they had dropped out of school. Some left school because they are single parents and need to work or stay home to care for their children. However, other students involved in Twilight High School are currently at risk of dropping out because of issues such as poor attendance or incomplete credits. Regardless, all students enrolled in Twilight

High School are self-motivated and want to be there. Many have been in the workforce for a while and now realize that a high school diploma is critically important for opening doors to future opportunities. In fact, after earning their diploma, a couple of students have goals to further their education by applying to automotive and technical schools.

Currently housed at New Hope High School, Twilight High School operates Tuesdays – Thursdays, from 6-9 p.m. Fifteen students, averaging between 18 and 19 years old, work through online curriculum, completing the credits they need to graduate from high school. Several teachers and administrators are on hand to provide direct support to students as they review the lesson material.

LISD currently has 15 stu-

dents at Twilight High School, but the program can accommodate as many as 28. The online curriculum format allows students to work through the material at their own pace, although the quicker students complete the work, the faster they’ll get finished. Many have taken this to heart. Since Twilight High School opened, one student has worked through an entire semester of math in two weeks! Ideally, as space frees up, vacant slots will be promptly filled with other at-risk students. We are working with our high school counselors to identify more students who we believe would greatly benefit from this

program.

As you well know, LISD’s shared vision is that students will exit our system with the same passion for and joy in learning they had when they entered without economics determining success. If we believe this to be true and that it is imperative that students graduate with all options open, we must continue to open doors through such realistic alternative learning opportunities such as Twilight High School. It is a great example of LISD’s strategic intervention strategies that help keep students from falling through the cracks.

We are very excited about the success we’ve already seen

at Twilight High School and are eager to expand the program to support more students. Although space is limited, if you know a student who might benefit from Twilight High School, please contact Lisa Holmes at 570-0000.

And while I am addressing graduation, I must reemphasize that the state’s new accountability system, the STAAR exam, will affect graduation requirements for our current ninth-grade students. In the coming days, parents will receive a letter emphasizing that the STAAR’s End of Course (EOC) exams will impact graduation requirements in three significant ways: The first is that all students must take and meet the performance standard developed by the state on each assessment to meet their graduation requirements; the second way is that EOC assess-

ments will be worth 15 percent of a student’s final grade in that course; and the third is that ninth-grade students enrolled in EOC courses (Algebra I, Algebra II, Geometry, Biology, Chemistry, Physics, English I, English II, English III, World Geography, World History and United States History) will also be required to take a district-developed semester exam during the fall semester.

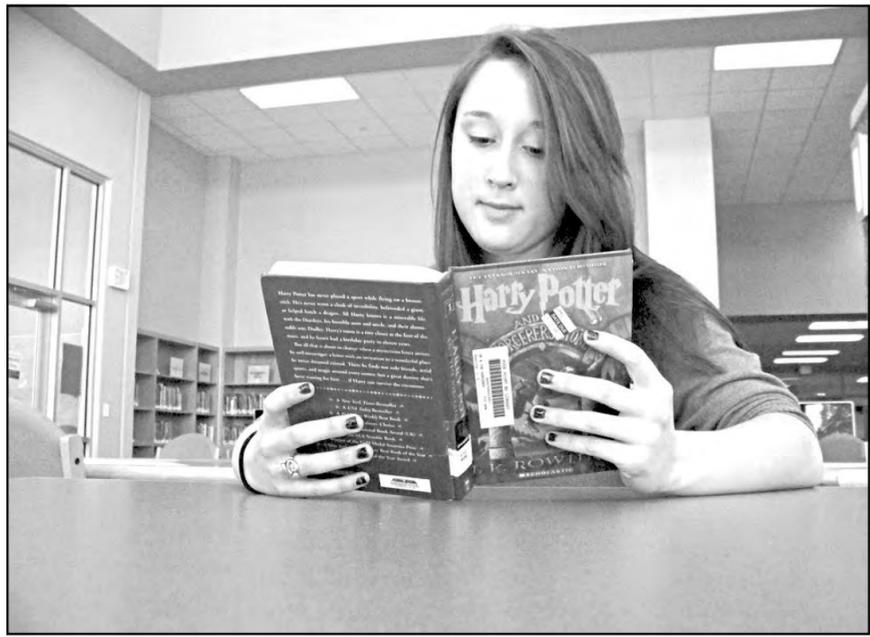
As I have said in previous columns, the Texas accountability system is undergoing a major overhaul that will impact our students. In light of the new policy changes, LISD will continue to keep our community fully informed of the implications of STAAR and EOCs so that you understand how credits will be awarded to your son or daughter. To learn more about STAAR, visit www.leanderisd.org.



BRET CHAMPION



As a part of their unit on Europe, Mrs. Wadsworth’s 6th grade social studies class at Canyon Ridge Middle School, had some guest speakers from Germany share their experience about the German culture, language, and history. Dr. and Mrs. Canby brought an authentic piece of Germany to the classroom by wearing the clothing of Germany and having a sample of food for the class to taste.



Lindsey Liu, Four Points Middle School 8th grader, is dyslexic but she doesn’t let that stop her from volunteering to read textbooks for Reading Ally, a program that records learning materials for those who are sight impaired or dyslexic. “It’s rewarding to give back and help others,” said Liu, Reading Ally’s youngest volunteer. She uses the books on tape herself to help with her learning. She’s also a member of the National Junior Honor Society.

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FOUR POINTS CHAMBER of COMMERCE

Just a thought

Coffee, tea and lunch drive-thru coming to Steiner



LYNETTE HAALAND

For years people have been wishing for a nearby, light lunch place in Four Points.

Looks like we're getting our wish. The Coffee Bean & Tea Leaf shop expects to open in early 2012 at Quinlan Crossing. The store will take up approximately 1500-square-feet and will have inside seating as well as a drive-thru.

(This story tip came from a friend and neighbor who spotted their plans to expand into Steiner on their website.)

I'm already hungry looking at their menu: Tomato Mozzarella Sandwich, Hummus Snack Plate and the Spinach, Pecan, Cranberry & Cheddar Caesar Salad are just a few listings.

Before Coffee Bean & Tea Leaf can start the inside work at their store, they are waiting for turnover of the construction shell from the developers at Quinlan Crossing.

Next week I will sit down with Bill

Duffy, the chief operating officer at Lone Star Bean, the Texas based franchise operator of the Coffee Bean & Tea Leaf stores.

Already he tells me: "There is a tremendous depth of detail that helps to separate us from our competitors."

"The best way to give you an idea of who we are and what we do would be to meet with you in one of Austin cafes," he says.

No arm twisting needed.

Coffee Bean & Tea Leaf has six other local shops in trendy locations on Lamar, at the Domain, etc.

This is good news for Four Points. It will be a tasty alternative to the Mansfield Dam Good Burger at The Market and the breakfast tacos and pastries at Cups & Cones.

Additionally, I think us coffee snobs will agree, how exciting it will be to have a local coffee drive-thru.

Welcome to Steiner Coffee Bean & Tea Leaf!

FOUR POINTS OF VIEW

What are you going to be for Halloween?



Mallory Child
Steiner Ranch

A candy corn.



Alys Flatt
Steiner Ranch

A Mardi Gras person.



Carmen Schoonmaker
Steiner Ranch

A Mardi Gras person too.



Jana Beck
Steiner Ranch

I'm going to wear a cap and a big \$ necklace. I forgot what the character is called.

FOUR POINTS NEWS

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I Hate Running

Three neighbors conquered the Chicago Marathon

By BRAD PARRISH
Guest Contributor

Just over 2 years ago the seed was planted - new to the neighborhood, and simply trying to stay reasonably healthy, discussions with new neighbors on "The Loop" (Wild Canyon Loop) resulted in some casual Saturday morning jogs and the occasional "meet after the bus stop" run through the hills of Steiner.

It started with some 3 to 4 mile runs together, then the question was out there: "Anyone want to run a marathon?" After most resistance and personal doubt, the 3 of us decided to sign up for the Chicago marathon - The training process has taken over 10 months and has included some local favorites - The Capital 10-K (the Largest 10-K in the state of Texas) and the 3M Half-Mar-

athon. Through the heat of the hottest summer in Texas history, we needed the "cool" 5:00am (and before) runs on 4 to 5 days a week, either through the neighborhood or around Lady Bird Lake running/biking trail downtown.

The schedule was brutal through August and September with 16, 18 and 20+ milers at 90 degrees even in the early mornings. But, in the end, it all paid off - this past weekend, the 3 of us, along with our awesome cheering section "Team Jockstrap" (the athletic supporters), headed north to the Windy City and ran one of the largest marathons in the United States.

We arrived on Friday morning in Chicago, checked into a beautiful hotel overlooking downtown and the Chicago River, and began the "experi-

ence." Friday included a trip to the "Expo," where we picked up our race bibs, pace tattoos and timing chips. We signed up for text message runner tracking and Team Jockstrap created some artistic posters for the sidelines. We shopped at Niketown for commemorative shirts and other goodies for family and perused the many aisles of the Expo for gear and energy supplements along with the other 45,000 runners.

Friday also included a quick trip to Michigan Avenue (The Magnificent mile) to get the ladies prepped for Chicago shopping (I did place a fraud alert on my credit card just in case my wife tried to go over her \$50 daily limit) Great food (Giordanos Chicago Style Pizza and The Gage "Gastropub") accompanied our first day in town, and we

tried to wrap it up early, already thinking plenty about what was ahead of us on Sunday morning.

Saturday was more of the same: shopping on Michigan Avenue, college football in an Irish pub (darn, limited ourselves to only 1 beer and several hundred glasses of water it seemed), and the traditional Saturday night "carb-load" at a Chicago favorite Italian restaurant: Carmine's on Rush Street.

Sunday morning started early at 4:30ish, breakfast at 5am, and off to the race start at 6am. We waded through the crowd of 45,000 runners along with an estimated 2,000,000 spectators to make our way to the starting corrals. With anxious anticipation, we stretched, spoke casually to others nearby, and waited for the 7:30 official start. It took only 8 minutes for us to officially cross

the "starting line" and understand that runners crossed that line for an additional half-hour!

Running under tunnels, over bridges, through the streets of Chicago, into local parks (ran into another Austinite and friend around mile 5 through Lincoln Park) was amazing while 2M friends, family and local Chicago supporters cheered us on.

We were blessed to see our family and friends at or around miles 3, 12, 17 and 25 where high-fives and sweaty hugs were exchanged briefly! Just after the 3 of us crossed the half-way point together, we heard that the winner (Kenyan) had broken a Chicago marathon record (yes, we were only half-way...that punk!)

We enjoyed running together for the majority of the race, however the heat (reached 90 degrees by the end of the race) and our

own personal injuries and fatigue split us up at around mile 17...The final 8-10 miles were exhausting and brutal (a healthy, 35 year old firefighter from the Midwest sadly died with 500M remaining in the race)...but the 3 of us made it through with great pride.

We all met in the park for the post-race party where our \$160 entry fee was good for one free beer!...and then the real party began! We have all officially retired from marathon running, however not unlike the antics of Brett Favre...I think we'll try another someday!

Brad Parrish ran with Steiner Ranch neighbors Ian McLoughlin and Marc Zook in the Bank of America Chicago Marathon on Oct. 9.



Right: Steiner Ranch neighbors Marc Zook, Ian McLoughlin and Brad Parrish ran the Bank of America Chicago Marathon on Oct. 9. "We all met in the park for the post-race party where our \$160 entry fee was good for one free beer," Parrish said.

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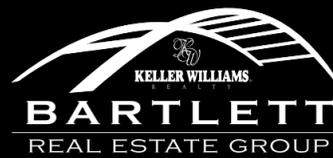
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Roasted chicken to the rescue

By CHEF CARLOS CRUSCO



CARLOS CRUSCO

Most people claim they do not cook because they do not have the time. Between work, kids, school, activities and house maintenance time seems to disappear. However, there are a few things you can do in the kitchen to make life easier. One is purchasing a rotisserie chicken prepared by your local grocery store.

Roasted chicken not only tastes good but it can also be a healthier alternative to fast food we constantly encounter. Mostly though, one roasted chicken can turn into a multitude of meals including chicken with rice, chicken salad, chicken noodle soup or chicken pot pie. Moreover you can make them your own. The perfect example is the classic chicken salad. Everyone has their own family version or twist so use the ingredients you like. Whether you use mayonnaise, dill, parsley, lemon zest, walnuts, apples or grapes the result is a great salad or sandwich.

Listed below are some ideas to keep in mind when using a roasted chicken for future meals.

Don't cut it up until it is needed. Completely cut-up chicken dries out and spoils faster than a whole one, so keep the chicken

whole or at least in bigger pieces.

Discard the skin if using later. The crispy skin of a warm roasted chicken is my favorite, but once cold, it becomes rubbery. For this reason, don't use it for leftover dishes.

Match the meat to the preparation. Dark-meat has a richer flavor and retains moisture, so it's perfect for cooked dishes. White-meat leftovers are more apt to dry out when reheated, so their flavor and texture do better in salads where there is no cooking.

Keep cooking to a minimum. As chicken is very lean and leftover chicken is already cooked, try to avoid further cooking. Just fold it in at the end to simply warm through.

One of my favorite meals growing up is the recipe listed below. It's full of vegetables, pasta, and roasted chicken. This is a warm soup my Mom would make during the winter months. The soup pretty much cleans out

your refrigerator so turn to this recipe when looking to extend your food budget. I would suggest using dark meat from the legs, wings or thighs of the bird. It is important to add the shredded pieces right at the end of the cooking process so just to warm through.

Italian Chicken Soup Ingredients

- About 1-2 cups shredded chicken pieces (legs, wings and thighs)
- 2-3 tablespoons olive oil
- 1 onion - finely chopped
- 2 cloves garlic - peeled and minced
- 1 large carrot - peeled and coarsely chopped
- 1 celery rib - coarsely chopped
- 1 can San Marzano whole

tomatoes

- 2 bay leaves
- Sea salt and fresh ground pepper - to taste
- 2 cups homemade chicken stock (low sodium canned chicken broth may be substituted)
- 3 cups water
- 2/3 cup orecchietti, macaroni or other small pasta
- 1 zucchini - cleaned and finely diced
- Parmigiano-Reggiano cheese

Directions

1. In a large soup pot, heat olive oil over medium-high heat.
2. Add onion & sauté 5 minutes. Add garlic, carrot and celery & sauté another 6-8 minutes.

3. Stir in tomatoes & crush them with your hands so they disintegrate into smaller pieces.

4. Bring to a boil, reduce heat & add the bay leaves, salt and pepper. Simmer 6-8 minutes.

5. Add stock, water & increase heat to high. Add pasta and simmer 10 minutes, stirring occasionally so the pasta doesn't stick to the bottom of the pan.

6. Occasionally check the pasta for doneness - it should almost be "al dente" meaning to the tooth or just slightly firm when bitten.

7. At this point taste the soup and adjust the seasoning if necessary.

8. Add chicken and zucchini. Turn heat to medium-low and cook 4-6 minutes.

9. When you are ready to serve the soup, ladle into a serving bowl and generously sprinkle each bowl with Parmigiano-Reggiano cheese. Enjoy!

For many, quickly putting a meal on the table can be difficult. The solution is to take advantage of your local markets in the form of a roasted chicken. Times are tough right now with food costs getting higher and higher so learning to stretch the budget can be helpful. If you would like more information regarding these food budget tips or my services, please visit my website at www.chefcrusco.com. I will be in Argentina for business most of October so stay tuned for my culinary traveling articles regarding Argentina: The food, wine and culture.

Herbed basmati rice

By CAROL KILLGORE
Guest Food Contributor

I tried this Barefoot Contessa Recipe on a whim, while making kabobs. The simplicity of it was the attraction, but don't let that fool you. Everyone helped themselves to seconds and thirds. The herbs steal the show in this recipe.



- 1 cup long-grain (white) basmati rice, uncooked
- 3/4 tsp kosher salt
- 1 tbsp unsalted butter
- 2 tbsp flat leaf parsley, minced
- 1 tbsp fresh dill, minced
- 1 tbsp fresh scallions, minced (white and green parts)
- pinch of freshly ground black pepper

ing and baking. This fall, Carol completed her second online cookbook "Food for Thought", a compilation of food experiences. Nestled between the pages are over 35 of her current favorites. These recipes are all gathered from cookbooks, magazines, websites, blogs, family and friends, and they are all tested, photographed and tweaked!

Preparation Time: 20 minutes
Servings: 4

Directions:

1. Combine rice, 1 1/4 cups water, salt and butter in a small heavy-bottomed saucepan. Bring to a boil over high heat; reduce the heat to low, stir once and simmer covered tightly for 15 minutes.
2. Turn off the heat and allow the rice to sit covered for 5 minutes. Add the parsley, dill, scallions and pepper.
3. Fluff with a fork, serve warm.

Tips: You may need to pull pot off broiler to keep from boiling over. Also keep an eye on the rice, as it soaks in the water very quickly - more so than regular white rice.

Carol Killgore is a Steiner Ranch resident, stay-at-home mother of one and volunteer. She shows her love for others through cook-

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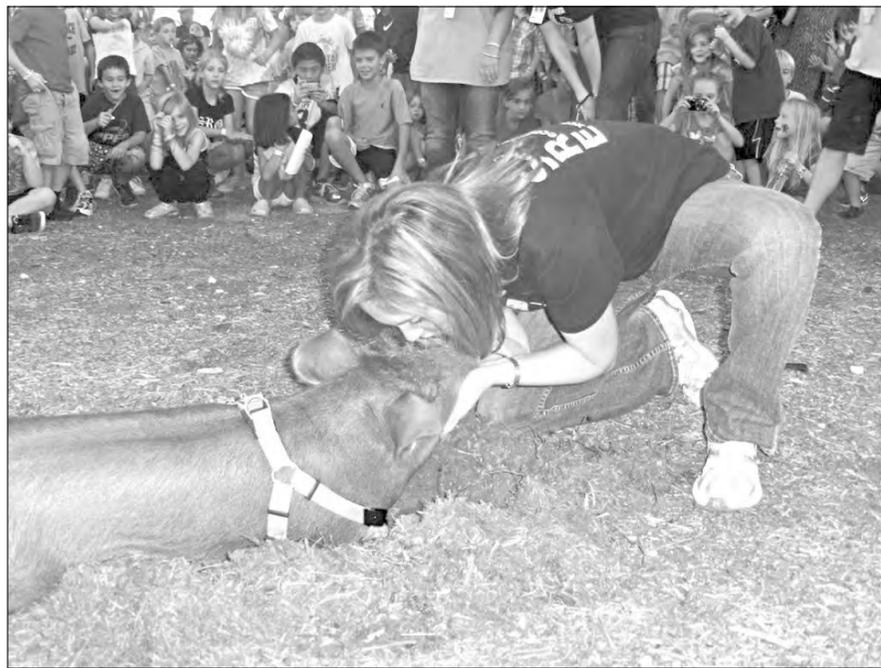
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Steiner Ranch Elementary hosts State Fair



Jaye Thompson, Steiner Ranch Elementary receptionist, was one of the more excited winners at the State Fair Cake Walk fundraiser.



Susan Fambrough, principal at Steiner Ranch Elementary, won the "Kiss a Pig" contest at the Steiner State Fair which raised money for the school.



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Lake Travis Fire Rescue holding Grand Opening, Halloween event

Lake Travis Fire Rescue is hosting a Grand Opening for its new Hudson Bend Fire Station 601 on Oct. 30 from 1 p.m. - 3 p.m.

Everyone is invited to the Halloween-themed community event at 15516 General Williamson Dr.

Young ones are encouraged to wear their Halloween costumes for trick or treating and for photo opportunities with the firefighters, the fire truck and LTRF's very own Lieutenant Jeremy Petersma posing as "Res-Q".

There will also be station tours, games, refreshments and an official ribbon-cutting ceremony.

Come out and meet the firefighters who risk their lives to protect you and your family, pets and property, said Cindy Taylor, event organizer with LTRF.

Community Events

Oct. 20

Four Points Chamber of Commerce Business Expo Benefiting the Vandegrift PTSA River Place Country Club 4 p.m. - 8 p.m.

Oct. 21

Monster Mash, River Place Elementary 5 p.m.

Oct. 21

Fall Fest, Laura W. Bush Elementary 5 p.m. - 8 p.m.

Oct. 21-23

Concordia University Texas Homecoming & Family Weekend

Oct. 22

Digs & Dunks Clinic K-8th grade Fundraiser Lady Vipers teach volleyball and basketball skills Vandegrift High School 8:30 a.m. - 12:30 p.m.

Oct. 23

St. Luke's Day Festival 11:15 a.m. - 1:30 p.m.

Oct. 30

Lake Travis Fire Rescue Grand Opening for new Hudson Bend Fire Station 601, 15516 General Williamson Dr. 1 p.m. - 3 p.m.

Nov. 5

Camping on the Ranch, Steiner Ranch 6:00 p.m.

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Middle School Shadowing/ Parent Tours

November 11, 8:30am . Speedway Campus

High School Shadowing/ Parent Tours

November 11, 1:00pm . Mopac/Braker Campus

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FOOTBALL



Austin Juarez
Senior

Favorite part about being involved in Viper Football:

It's an honor because we work hard and have come close the last several weeks to reaching our goals. We haven't been meeting our goals lately, but we are about to. We are hyped up and ready to go make playoffs. It is either we win or go home! We have everything to lose and yet so much to gain. Go Vipers!

CHEER



Lindsey Keels
Junior

Favorite part of being involved in Viper Cheer:

The friends I have made, and creating school spirit!

DANCE



Pamela Quintanilla
Sophomore

Favorite part about being involved in Viper Legacies:

My favorite thing about Legacies is how the community views us as role models and how we define that standard.

BAND



Kristen Abbarno
Senior

Favorite part about being in the Viper Band:

I really love the team building aspect of band. We learn to work together and we help each other achieve our goals.

VOLLEYBALL



Ally Gamble
Freshman

Favorite part of being involved in Viper Volleyball:

Being on the court with my teammates while playing the game I love most. I love the challenge and the opportunity to play great teams. I couldn't have asked for a better group of girls to call my team. I am looking forward to what lies ahead in my next 3 years representing the Lady Viper Volleyball team.

CROSS COUNTRY



Gretta Smith
Senior

Favorite part about being involved in Viper Cross Country:

I love cross country because I can push myself to my limits and constantly improve. It's something that I can compete in not only now, but for the rest of my life. I love waking up every day and knowing there's another workout that I can challenge myself with.

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Vipers finish first in Vista Ridge Marching Festival

By RICH KEITH
Guest Contributor

The Vandegrift Vipers marching band and Vision dance company took the top prize out of 25 Texas high school bands last weekend.

The VHS Vipers finished in first place at the Vista Ridge Marching Festival held at Gupton Stadium in Cedar Park on Saturday.

With their score of 92.45, the Viper band beat out 25 Texas high school bands for top honors. The Vipers received the Outstanding Music, Outstanding Visual, and

Outstanding Auxiliary Caption awards, won Best in Class in 4A, and was named Grand Champion of the entire contest.

"The entire evening was truly a magical experience that we will not soon forget," said Jeremy Spicer, VHS Director of Bands.

The festival trophies represent the best marching bands regardless of size of school. Vandegrift is a class 4A school and the field included 8 large bands from class 5A schools. Second place went to Cedar Park and Westlake took third.

At nearly 180 students, the combined Viper marching band

and Vision dance company is one of the largest organizations on campus. The band has been working hard since August 1 to be ready for the football games and the marching contest season.

The Vipers will compete in two UIL contests, regional and area, soon. In November they compete at the Bands of America contest in San Antonio.

See the Viper Marching Band show at these upcoming football games:

Oct. 21 at Vista Ridge
Oct. 28 at Vandegrift Homecoming,
before the game at 7 p.m.

Viper Cross Country takes top honors

The Viper Cross Country team traveled to Caldwell for the Top Tier Training Invitational hosted by Giddings H.S this past Saturday.

The Varsity Girls team placed first out of 14 teams. Leading the way for the Vipers was Nikki Keys who won the race with a two mile time of 11 minutes and 39 seconds, Gretta Smith was 3rd, Cody Cox was 11th, Leah Butterfield was 12th and Isabella Chestney finished 13th. The JV Girls team placed 6th. Leading the way for the Vipers was Maddie Clafin and Alejandra Poulis.

The Varsity Boys team placed 3rd out of 11 teams. Leading the way for the Vipers was

J.R. Hardy with a finishing 5K time of 16 minutes and 23 seconds, he was 4th overall, Brandon Keys 7th, Marshall Wilson 13th, Connor Thomas 21st and Matt Villegas 31st overall. The JV Boys teams took first place out of 9 teams. Matthew Richardson led the way for the Vipers finishing in 3rd place, Tyler Jones was 7th, Nate Mullen 8th, Caleb Stubbs 10th and Cole Groom 26th.

Come out and support your Vipers this Friday as they host their 1st Annual Vandegrift Invitational starting at 4 p.m. on Oct. 21.

Pictured to the right are the boys and girls team.





Photo contributed by Cody Usher.

Ex-T'wolf continues to "hit 'em out of the ballpark" in college academics and athletics

By LESLEE BASSMAN
LBassman@austin.rr.com

A year and a half ago, Four Points' Collin Radack was a 'staple' on Cedar Park High School's championship baseball team, not to mention factoring in the squad's playoff season as well as earning a berth in the 2009 Central Texas All-Star team along with fellow pitcher Nathan Thornhill.

Now, the ex-Timberwolf outfielder is at it again, contributing to Hendrix College's Warrior Baseball program after nabbing a spot on the 2011 First Team All-SCAC (Southern Collegiate Athletic Conference) Baseball, achieving Honorable Mention by the Natural State Baseball's 2011 All-Arkansas Collegiate Team and being named to the conference's Student-Athlete Academic Honor Roll. Finally, Radack just missed the SCAC's 2011 Freshman of the Year win by only one point, edged out by a shortstop from Trinity University.

According to Hendrix College's

website, Radack's batting average (.368) is tops on his team and 11th in conference, making him an "instant contributor to the Warriors squad" since his arrival last fall. Radack was only one of two team members to start in all 35 Warrior Baseball games last season.

The six-foot sophomore credits the T'wolves coaching staff with providing the base for his collegiate success.

"I learned what it means to work hard and be a leader on my team," Radack said of his years in a green and black Cedar Park uniform. "It was an honor to play for Coach Cochran and Coach Abseck throughout my varsity career; they did a great job of preparing me to play at the college level."

Although he now lives miles away in Conway, Arkansas, Radack's work ethic continues to inspire current members of the Timberwolves' baseball squad.

"Spend every second at practice getting better," said Radack to his younger counterparts. "You only have so long to play baseball so make the most of it."

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Cedar Park Baseball alumnus Collin Radack dons a Warriors' uniform as he comes up to bat for Hendrix College. Radack, now a college sophomore, continues to make waves in the Conway, Arkansas program.



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