



CIRCLE C RANCH

NEWSLETTER

Volume 2, Number 8

August 2005

www.circlecranch.info

President's Letter

Dear Neighbors,

Last month I told you how excited I was about the ABC reality TV show (now known as *Welcome to the Neighborhood*) that was filmed in Circle C last January and February. As you might guess, I'm not nearly as excited about it today...

Last December the show's producers approached the CCHOA Board and asked if we would support their application for street closings and other permits for the filming of their show. The producers described the show as a family-oriented reality TV show where people would compete for a chance at a free home in the **ideal neighborhood**. When we asked if it would be edgy or controversial they assured us that this show was to be filmed for ABC, a Disney-owned station and not for Fox Television. At that time I called each home on the street where filming would take place and spoke to the neighbors there. Each person I spoke with expressed excitement and enthusiasm over the show. Some folks indicated they might participate, although details were vague and I did not press for more, as I understood they were under a non-disclosure agreement. At that time I believed the show would present Circle C in a very positive light.

Subsequently the CCHOA Board agreed to sign an informal letter of understanding with the producers saying we would support the producers in permit applications related to the filming. The producers would work with us to resolve problems that inconvenienced homeowners. The producers agreed to limit filming hours, and to park most vehicles away from residential streets, to minimize disruption. This part of the agreement went well.

But one particular paragraph seems to have been overlooked, at least in the way the show was advertised:

CCHOA understands that the Producer intends to create a television series that reinforces family values. CCHOA and Circle C residents value our relationships with our neighbors and do not support extreme stunts or in-your-face contests that would foster ill will within Circle C Ranch. CCHOA understands that the Producer intends to present the best face of Circle C Ranch to viewers.

I cannot find a single sentence in that paragraph that corresponds with *Welcome to the Neighborhood* as it has been described in the media. Unfortunately this was an informal agreement and there is little or nothing we can do at this point. I am very disappointed with how this fiasco has played out and **I apologize** for how this has generated bad press for Circle C. In retrospect I believe I made a mistake in agreeing to support the filming of the TV show within Circle C.

I believe this issue is not yet over. ABC and New Screen Entertainment have invested significant money in the filming and production. I expect them to broadcast the show in some form on some cable or TV station.

And of course, this being 'reality TV,' more controversy may lead to higher ratings. You and I may have friends or acquaintances ask us 'Is Circle C really like that?' I can confidently answer that the Circle C Ranch that I know is nothing like the bad press we've received because of this TV show.

Last month I wrote about the **Circle C Swim Center** and two different options we considered for its management. The board interviewed several excellent candidates for pool manager – but ultimately decided to contract with YMCA of Austin. This contract has been signed and took effect on 1 July. For those of you who visit the pool you'll see many new faces among our lifeguards, along with several old familiar faces. (Well, not that old). The Y hired several of our former lifeguards. Our swim center manager is Amanda Rammel of the Y. You can expect to see the swim center manager or one of her assistant managers whenever the pool is open. Significant transitions can be difficult – but in this case the transition has been remarkably smooth. Kudos go to Denise Nordstrom, Siobhan Cox and the Y management staff for the smooth transition. The Y contract term goes to 31 December 2005.

We have finalized the **pool rental agreement** with UT Longhorn Aquatics, finally. The contract term goes to 31 March 2006. We have also replaced the **shade tarp** at the south end of the pool – the old one was in poor shape.

We have chartered the Ad Hoc **Electronic Voting** Committee to advise CCHOA on the implementation of electronic voting. The three volunteers are Ernie Schroeder, Neva Fernandez and Richard Relph (thanks to all three of you for volunteering!). Steve Urban (VP) will be the board liaison for this project. The Association passed a bylaws amendment in March that allowed electronic voting. The board believes that this effort may increase homeowner participation in Association elections and possibly reduce the cost of such elections.

(Continued on Page 2)

Trash barrel bags have been removed from several of the Circle C mail centers recently, by persons unknown.

The FTC advises: To thwart an identity thief who may pick through your trash or recycling bins to capture your personal information, tear or shred your charge receipts, copies of credit applications, insurance forms, physician statements, checks and bank statements, expired charge cards that you're discarding, and credit offers you get in the mail.

See <http://www.ftc.gov/bcp/conline/pubs/credit/idtheft.htm> for more information.

IMPORTANT NUMBERS

HOA Mgmt Officeinfo@circlecranch.info or 288-8663
Financial Office..... 451-9901
Newsletter Publisher
Peel, Inc806-385-6444
Adv./Kelly Peelkelly@PEELinc.com, 512-589-5471
Circle C Amenities
Circle C Café.....288-6058
Circle C Tennis Club.....Circle_CTennis@msn.com, 301-8685
Golf Course at Circle C Ranch288-4297

2005 Board of Directors

Quentin Fennessy.....President
Steve Urban.....Vice President
AE MartinSecretary
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Matt Cano.....Director
Carolyn MerrittDirector
Contact Information..... Email: directors@circlecranch.info



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President's Letter - (Continued from Page 1)

See the article in this newsletter from Marian Wallace, our Education Committee co-chair, on the construction plans for the **new elementary school**, due for completion by August 2006. The school will be at the yet non-existent intersection of Lacrosse and Georgian Oaks. There are also some details about the 8 classroom addition to Kiker and some building renovations. AISD sent three staffers to our July board meeting where they described the new elementary school building, lot layout, and the Kiker renovations.

Thanks to the management of the **Wildflower Center**. They graciously allowed us to hold our July board meeting in their library. Their library is an ideal location for a meeting. We are fortunate to have both the CDC and the Wildflower Center in our neighborhood. We hope to hold our board meetings at the Wildflower Center as their schedule allows.

There were **two Fourth of July events** in the neighborhood. The party at the Circle C Golf Club was a lot of fun, with great music by Duck Soup and fireworks over the pond. I must thank Sam Irwin of Duck Soup for dedicating the song **YMCA** to me—you're a funny guy, Sam! The second event was the Fourth of July parade between the Swim Center and Kiker. We saw lots of kids with decorated bikes in the parade. We also had a visit from Star Flight and the Austin Fire Department – including the crew who will staff the Circle C Fire Station later this year.

Please see the article from Ed Scruggs elsewhere in the newsletter on the **new amenities plans**.

Some folks have asked about the different **groups who use** the Circle C Swim Center. Here's a list:

1. Circle C homeowners (us!)
2. Circle C kids compete in Seals, the summer swim league. Seals generally use the part of the pool rented by UT LA.
3. Circle C kids learn swimming in the summer swim lesson program (along with a few kids from outside of the neighborhood). Circle C swim lessons are generally taught in the part of the pool rented to UT LA.
4. UT Longhorn Aquatics hosts masters training for 99 people. 52 of them are Circle C neighbors.
5. The summer camp from Kiker uses the pool 4 hours per week, for kids from Circle C.
6. CDC uses the pool for 5 hours per week for kids from Circle C.

You can see the graphical pool schedule elsewhere in this newsletter to see when each group can use the pool. Not all groups use the pool year-round, of course.

Please be patient when you are asked to **identify yourself** when entering the pool. We've recently discovered several non-Circle-C-ers enjoying our facilities. To reduce this problem we've instituted some changes. Our goal is to ensure that only Circle C neighbors are allowed free access to our pool.

We hired an auditor (Helin, Donovan, Trubee & Wilkinson LLP) to review the financial statements of CCHOA. The **audit has been completed** and no irregularities were found.

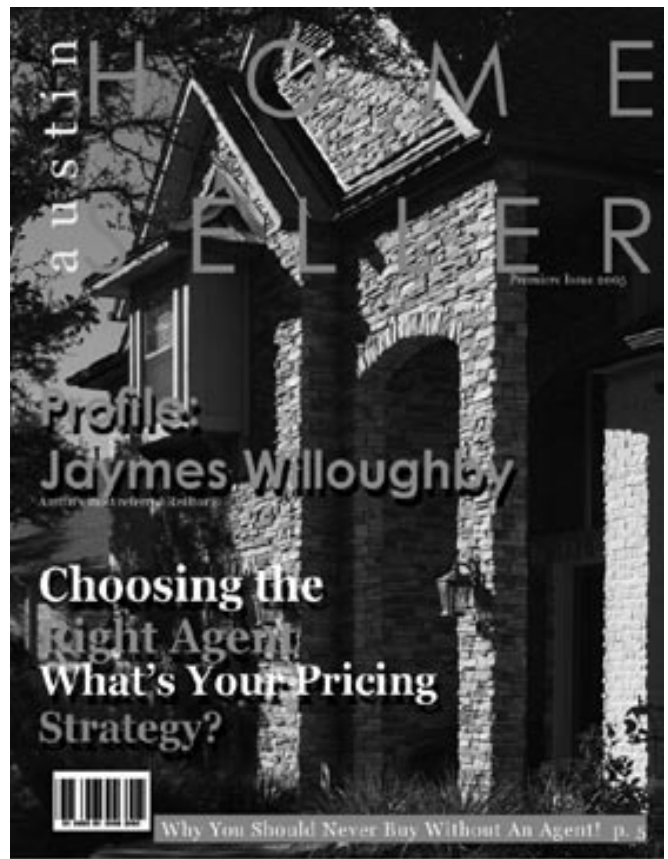
There have been several incidents of **vandalism** in and around Circle C recently. CCHOA is offering a **reward of \$1000** for information leading to the arrest and conviction of people involved with such vandalism.

*Submitted by Quentin Fennessy,
President, Circle C Homeowners Association*

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CCHOA Announcements

Amenities Update

By the time you read this CCHOA should be negotiating a contract with a land use planning firm. Both candidate firms, **RVI** and **TBG Partners** have excellent reputations and are well known locally and throughout the state. In July, the special neighborhood committee on amenities made its recommendation to the board of directors and the board made the final selection.

This is a very critical time in the amenities process. With a planner on board serious work will begin on the first phase of the project, called the conceptual design phase. During this phase, the planner will review previously collected survey data, photograph open space and commons areas as well as study the native landscape. A review of local and state regulations will be conducted and input sought from residents before conceptual drawings and cost estimates are produced. The planner will also be meeting regularly with the amenities committee and the board of directors to seek additional input and to help set priorities.

Upon conclusion of the conceptual phase, a detailed booklet will be produced with quality sketches and consistent design specifications for projects such as small parks, play-scapes, trails, a new swim center and a remodel of our current swim facility. We should also have our first concrete idea of how much it will cost to build and maintain all projects.

The effort put into the conceptual phase will be worth it. The resulting design booklet will ensure the consistent look and quality one would expect of a high profile planned community like Circle C. It will also provide a solid foundation for the all important construction phase.

- The resident amenities committee is meeting to advise the B.O.D. on parameters of the planning contract and the creation of a timeline for specific deliverables. The committee is also finalizing a list of recommended projects and their suggested locations. The B.O.D. will consider these recommendations working with the planner during the conceptual design phase.

For continued updates on the amenities process, please continue to review future newsletters and the CCHOA web-site.

AUGUST EVENTS	
August 5 th	Movie Night at the Pool
August 13 th	Back to School Party & Community Blood Drive
Aug. (Date TBD)	Community Meeting with AISD on new elementary school

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CCHOA Announcements *Continued*

Education Committee Update

Circle C continues to grow – and so does our number of school-age children! Children in Circle C currently go to Baranoff, Kiker, and Mills Elementary Schools, Bailey and Small Middle Schools, and Bowie High School. Due to the extensive growth in our area, Austin voters passed the Bond initiative in September 2004, which included funding for a new elementary school to be constructed in our neighborhood. The 40-classroom school will be located in Circle C West at LaCrosse and Spruce Canyon and is scheduled to open in August 2006. A link to the detailed sketches of the school will be provided soon on the education web page (www.circlecranch.info/educationcommittee.asp).

The bond also included funding for improvements at Kiker Elementary, which are now underway. The improvements include, but are not limited to, a new 8-classroom addition, reconstruction of the front entry and walkway, and improvements to the playground. Visit the education committee page on the web site listed above for a link to view the plans for the new classroom addition.

Improvements and additions are scheduled for our other elementary, middle, and high schools, but will be done in later phases of the bond. A new middle school for our area was also included in the bond, but is not scheduled to be constructed until the last phase of the bond,

opening in August 2010.

A citizen boundary committee is currently being formed by the AISD Board of Trustees to address boundary and rezoning issues. Check with our education web page for updates.

School is starting in just a couple of weeks! Our elementary schools will be having their open houses on August 15, and students return to class on Tuesday, August 16.

The following are dates for Back-to-School Nights:

Baranoff	(ECE – 2 nd grade) August 25
	(3 rd – 5 th grade) September 1
Kiker	Date TBA
Mills	August 30-31
Bailey and Small	August 23
Bowie	August 24

We are scheduling a community meeting with AISD on the new elementary school the second week in August. Please see the website for the exact date and meeting place.

I hope you all enjoy the last few days of summer vacation – see you in the hallways soon!

Marian Wallace
Education Committee Chair

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CCHOA Announcements *Continued*

HOA Assessments Mailed

You should have received your 2nd half of the year assessments in the mail by now – they are due August 1, 2005. All assessments should be mailed to:

CCHOA
PO BOX 163541
Austin, Texas 78716

*Please DO NOT drop off your assessments at the CCHOA office on La Crosse Avenue, they should be mailed directly to the Accounting Office. For questions about your assessment, contact the Accounting Office at 451-9901.

Website Update

Please be sure to check out the Calendar Feature of the website. All CCHOA sponsored events are listed. If you have a community event you would like to list, please email us at info@circlecranch.info

Street Light Outages

If you notice a street light outage, please report to Austin Energy at 505-7617. They will normally send out a technician within 3 working days.

Traffic Reminder

School will be in session soon so please be sure to slow down especially in the school zones. Many children will be walking or riding their bikes to school, please help keep them safe by watching your speed and staying out of the bike lanes.

Is your house clearly marked?

It is very important to have your home address clearly marked so that emergency vehicles can find you in the event of an emergency. Some of the older homes in Circle C may need to have the numbers repainted on the curb line or number adhered to the face of the house.

Deed Restriction Reminder

As we begin to enter the fall season we will be looking for dead vegetation, including grass, bushes and trees. Dead landscape should be removed and new landscape replanted during the fall season. Do your part to keep Circle C a beautiful place to live.

Roaming Cats

There are quite a few outdoor cats living in Circle C. Please be aware that outdoor cats can sometimes be a nuisance to your neighbors, especially when they use their lawns as a litter box.

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CCHOA Clubs & Announcements

Swim Lessons

There is still plenty of availability for swim lessons at the Circle C pool. For information on times and pricing, please log onto the website at www.circlecranch.info and click on the "Swim Lesson Packet" link or contact Jen Bess at 944-5075 or email CircleC_Lessons@hotmail.com.

Kiker 2005 Kindergarten Kick Off

Monday, August 15
10:00 a.m.-12:00 p.m.

For location and more information, contact ksyzdek@yahoo.com

Mom's Club of Austin

Circle C (MOMS offering Moms support) is an international non-profit organization for the stay-at-home mothers of today. We help you feel good about your decision of staying at home with your children and give you the opportunity to share activities with other stay-at-home mothers and their children. We have monthly meetings with speakers, arts and crafts, book club, lunch, children's playgroups, Mom's night out, field trips, park day, recipe club...etc. We also include a yearly service project to help needy children in our community. For more information please contact Tracy Letulle at tletulle@austin.rr.com.

Kiker Elementary's Silent Auction, Dinner & Dance and Annual Golf Classic

Mark your calendar for this annual event! The Silent Auction, Dinner & Dance will be held at Creekside Pavilion (across from The Salt Lick) on Sunday, May 7, 2006. The 3rd Annual Golf Classic will be held at the Golf Club at Circle C on Monday, May 8, 2006. Watch the newsletter, Kiker blue sheet, and Kiker's website, www.austinschools.org/kiker/ for more information.

When school resumes, you may contact Terry Lord at 414-2584.

To sponsor the event, or to donate prizes for the golf tournament, please contact Melinda McKenna at melinda@austinreps.com.

If you wish to donate an item(s) for the silent auction, please contact Jeannie Olson at molson6@austin.rr.com.

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PARK WEST NEWS

Who is Park West at Circle C? We are a 175 home gated sub association of Circle C located at LaCrosse and Escarpment. We have two gated entrances, tile roofs, masonry exteriors, and are provided front yard maintenance. Homeowners pay assessments to both Circle C and Park West HOAs.

Park West is hosting a Wine Fest on Friday, September 30. The Social Committee is organizing the grand event at the Wildflower Cafe and Gardens for \$25 per person. The impressive menu will be posted at the Park West mail centers and will be sent to Park West residents in August along with the reservation form.

Five Park West groups are meeting monthly to write new bylaws, develop the next landscape contract, form road and gate requirements, plan fun and diverse social activities, and establish active communications with home owners. Residents interested in a direct say on Park West's future should contact:

Board of Directors: Meets second Wednesday monthly, call Dave Maril, 301-8869 for details.

Bylaws: Meets first Monday of the month, call Bernadette Tasher, 791-7281, for information.

Communications: Meeting first Thursday of the month, call Carol Buls, 301-2750, for details.

Landscape: Meets monthly, call Leslie Ross, 301-3710, for

information.

Roads and Gates: Meeting monthly, call Frank Gilbreath, 762-3714, for details.

Social: Meets third Wednesdays, call Mike Hahn, 301-5213, or Nancy Oliphant, 301-7227.

Park West is developing new bylaws and will always remain subject to Circle C HOA rules, such as keeping trash bins stored out of sight from the street. Park West requests home owners to park your vehicles in your driveway or garage. Why? For pedestrian, baby stroller, wheel chair, and bicycle safety. Please avoid parking on sidewalks.

If you have landscape questions, call Jackie Rollins, 301-1839. For gates and roadway concerns, call Frank Gilbreath, 762-3714, before 7:00 pm.

Need fun things to do this summer? Residents interested in Bunko, Tennis, Bridge, Needle Crafts, our Dinner Club, Theater Group, or a Park West Back Yard Garden Tour, should contact the Social Group, 301-5213 or 301-7227.

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Pool Café (288-6058)

Hours: Monday - Saturday 12pm-9pm
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**please find calendar of specials online*

Wildflower Café (292-4716)

Hours: Tuesday-Saturday 10am-4pm
Sunday 12pm-4pm

Serving salads, sandwiches, soups, and desserts

Nature Nights - Every Thursday in July 7pm-9pm
\$1 admission
Cafe open until 9pm

Movie Days - Every Saturday in July 1pm
Serving popcorn, drinks, and candy

For more information, please call the Wildflower Center at 292-4200
We appreciate your business!!!
Chef Jaime Arevalo

Circle C Swim Center

(288-6057)

Summer hours continue for the month of August:

Monday – Friday

5:30am to 9:30am (Morning Lap Swim Only)

10am – 9pm (Open Swim)

Saturday

6:30am to 9:30am (Morning Lap Swim Only)

10am to 9pm

Sunday

10am to 9pm

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Circle C Ranch residents, limit 30 words, please e-mail to info@circlecranch.info.

Business classifieds (offering a service or product line for profit) are \$45, limit 40 words, please contact Kelly Peel @ 512-5879-5471 or Kelly@PEELinc.com.

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CIRCLE C RANCH

Circle C Swim Center Week of July 31st-Aug. 6th

	Sun.	Monday	Tues.	Wed.	Thurs.	Friday	Sat.
	Resident Lap Swimming Resident Recreation	Resident Lap Swimming Resident Recreation Swim Lessons CDC UT Longhorn Aquatics	Resident Lap Swimming Resident Recreation Swim Lessons CDC UT Longhorn Aquatics	Resident Lap Swimming Resident Recreation Swim Lessons CDC UT Longhorn Aquatics	Resident Lap Swimming Resident Recreation Swim Lessons CDC UT Longhorn Aquatics	Resident Lap Swimming Resident Recreation Swim Lessons CDC UT Longhorn Aquatics	Resident Lap Swimming Resident Recreation Swim Lessons CDC UT Longhorn Aquatics
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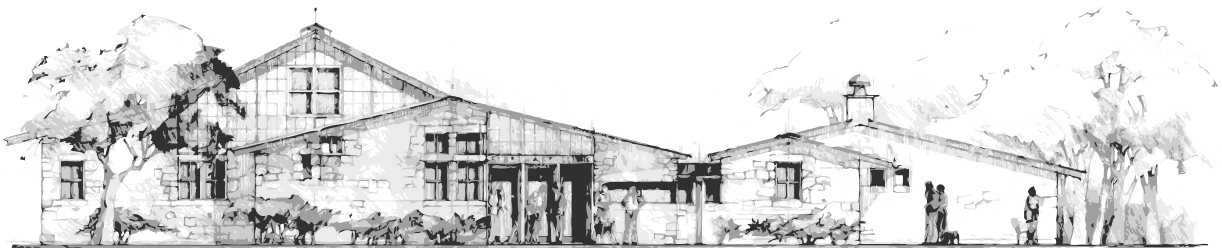
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Circle C Swim Center Week of August 7th-13th

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
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10:30 AM	10:00AM to 9:00PM		10:00-12:30	10:00-12:30	10:00-12:30	10:00-12:30	10:00AM to 9:00PM
11:00 AM		10:00-12:30	10:00-12:30	10:00-12:30	10:00-12:30	10:00-12:30	10:00AM to 9:00PM
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CIRCLE C RANCH

Circle C Swim Center Week of August 14-20th

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
5:30 AM	Resident Lap Swimming	Resident Lap Swimming	Resident Lap Swimming	Resident Lap Swimming	Resident Lap Swimming	Resident Lap Swimming	Resident Lap Swimming
6:00 AM	Resident Recreation	Resident Recreation	Resident Recreation	Resident Recreation	Resident Recreation	Resident Recreation	Resident Recreation
6:30 AM		5:30AM to 9:30AM	5:30AM to 9:30AM	5:30AM to 9:30AM	5:30AM to 9:30AM	5:30AM to 9:30AM	6:30AM to 9:30AM
7:00 AM							6:30-9:30
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10:00 AM	10:00AM to 9:00PM	10:00-12:30	10:00-12:30	10:00-12:30	10:00-12:30	10:00-12:30	10:00-12:30
10:30 AM	10:00AM to 9:00PM						
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Closed at 9:00PM every evening unless a special event is scheduled.

Circle C Swim Center Week of August 21-27th

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
5:30 AM	Resident Lap Swimming	Resident Lap Swimming	Resident Lap Swimming	Resident Lap Swimming	Resident Lap Swimming	Resident Lap Swimming	Resident Lap Swimming
6:00 AM	Resident Recreation	Resident Recreation	Resident Recreation	Resident Recreation	Resident Recreation	Resident Recreation	Resident Recreation
6:30 AM		5:30AM to 9:30AM	5:30AM to 9:30AM	5:30AM to 9:30AM	5:30AM to 9:30AM	5:30AM to 9:30AM	6:30AM to 9:30AM
7:00 AM							6:30-9:30
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Closed at 9:00PM every evening unless a special event is scheduled.



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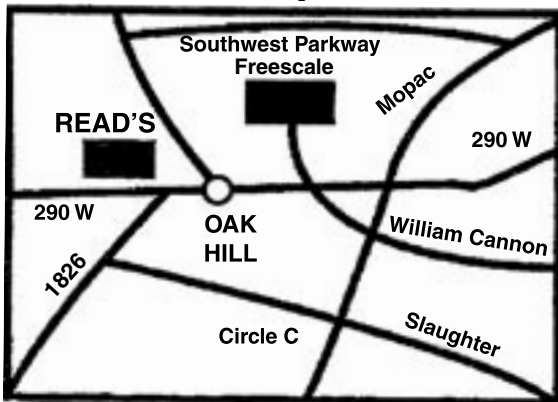
Mon - Fri:
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CIRCLE C RANCH

Circle C Swim Center Week of August 28-Sept. 3rd

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
5:30 AM	Resident Lap Swimming	Resident Lap Swimming	Resident Lap Swimming	Resident Lap Swimming	Resident Lap Swimming	Resident Lap Swimming	Resident Lap Swimming
6:00 AM	Resident Recreation	Resident Recreation	Resident Recreation	Resident Recreation	Resident Recreation	Resident Recreation	Resident Recreation
6:30 AM		5:30AM to 9:30AM	5:30AM to 9:30AM	5:30AM to 9:30AM	5:30AM to 9:30AM	5:30AM to 9:30AM	6:30AM to 9:30AM
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"Kitty worked harder for me than anybody, I will definitely recommend her to anyone I know who needs real estate assistance."

"My wife and I wanted to tell you that you are a pleasure to work with...you are pleasant, friendly, knowledgeable...willing to find the answer...not too pushy...thanks."

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Circle C Amenities *Continued*

Circle C Tennis Club Brings Bowes-Hackney on Board To Run Women's Team Tennis

AUSTIN, TX — The Circle C Tennis Club announced that Beverly Bowes-Hackney, who was once ranked in the top 50 in the world, will be its Director of Women's Team Tennis.



Beverly Bowes-Hackney

Bowes-Hackney, who will begin work at Circle C in late August, was previously the assistant coach at the University of Texas women's tennis team. The Longhorns finished as runner-up to Stanford for the NCAA national championship in May.

Bowes-Hackney made up her mind to leave UT shortly after the last match.

"One of the reasons I resigned as assistant coach to pursue this opportunity was because of the immense respect I have for Circle C's Director of Tennis Fernando Velasco," said Bowes-Hackney. The two have known each other since Bowes-Hackney's playing days as a nationally ranked junior.

"Fernando is a tremendous leader, who exudes integrity and class. Austin's tennis community is very fortunate to have him."

Besides her recent experience with UT, Bowes has also been a USTA National Coach, the Head Women's Tennis Coach at Southern Methodist University and a teaching professional at Lost Creek Country Club and Riverplace Country Club

Director of Tennis, Velasco adds that "I have known Beverly and her tennis family since the early 70's when her dad, Mickey, and I worked at the Northbrook Racquet Club in Northbrook, Illinois. Mickey moved to Lubbock to become the Coach at Texas Tech. I have followed her career, not only as a top junior player, but also as a colleague and tour player. Our paths crossed again when I was working in Boca Raton, Fl where she was one of the coaches at the Evert Tennis Academy. She will be a great addition to the professional staff of Darin Pleasant, Mandon Maloney, Brent Smiga and Brantley Harrison at Circle C Tennis Club."

Family of the Month

Suzanne Burnes
Photography

www.suzanneburnes.com

512-301-6600



The Devenyns Family:
Vicky, Beck, Jessie, and Mike

CIRCLE C RANCH

Circle C Amenities *Continued*

The Golf Club at Circle C Ranch

Live Music & Family Dining, Fridays – August 5th, 12th, 19th, 26th - We'll rock your backyard with our own version of the Austin music scene in our new covered Biergarten. Bring the whole family, relax in our comfortable hill country setting and enjoy the tunes of local talent. Fresh dinner and drink specials will be featured every week. Check our website for dates at www.thegolfclubatcirclec.com and call the Grill at 288.4297 to reserve your spot.

Beat the Heat on the weekends - Every Saturday and Sunday through September we'll have double tee starts in the morning so you can beat the heat. Finish your round in time for a burger in the Grill and the best seat in the house for the latest sporting event on our big screen TV.

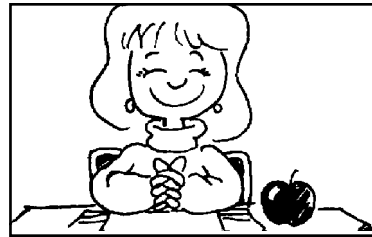
MARK YOUR CALENDARS - Labor Day Celebration & Duck Soup Concert, starts Friday, September 2nd & Concert is September 4th – Finish off the summer with a relaxing weekend at the club. Enjoy hamburgers at the turn out on the course, great deals on our summer merchandise in the shop and featured food and drink specials in Putters Grill all weekend long. Come out Sunday evening for a fun, family concert with Austin's own Duck Soup night 7-10pm, kids are \$2/ and adults pay a cover fee of only \$10/pp.

Business Classified

CIRCLE C REGISTERED MASSAGE THERAPIST: Interested in relaxation but not in traditional massage? Reflexology - massage of the hands and feet - brings balance to body systems. Julie Johnson, RMT, MBA. Incalls/outcalls/Gift Certificates. 288-9526.

CC REPAIR & INSTALLATION: Call Me First; Lenny 653-6440; Plumbing, Electrical, Appliances, Air Conditioning, Heating, Swimming Pool / Spas / Hot Tubs, Computers – Repairs, Upgrades, Networks, Free Diagnosis & Estimate; Circle C Resident – Many Neighborhood References; <http://home.austin.rr.com/lfein/>

LOVING HOME FAMILY CHILDCARE: Listed with the state family home has openings becoming available for child care. F/T, P/T, drop ins. CPR/First Aid, preschool curriculum, dependable, references, experienced, & lots of TLC!! Evenings, weekends, and nights also available. 280-3883



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Patient for 10+ years

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Teenage Job Seekers

Name	Age	Baby Sit	Pet Sit	House Sit	Yard Work	Phone
Campisi-Giusti, Jackie+	13	•				288-3575
Chang, Bryan	13	•		•		288-7247
Coleman, Andrew	13	•		•		288-1914
Collins, Danielle	15	•		•		394-9041
Freeman, Jaclyn*		•		•		288-3243
Freeman, Lauren*		•		•		288-3243
Gamel, Emilee*+	14	•		•		301-2795
Garrett, Brett	16				•	301-1766
Hamze, Mo	14			•	•	
Janowski, Andrea*+	15	•		•		301-9626
Koopmann, Jarrod	13				•	288-8807
Koopmann, Jenna*+	12	•		•		288-8807
Moreno, Blanca	16	•		•		288-1698
Moreno, Julio	14			•		288-1698
Moreno, Mario	12			•		288-1698
Munden, Brittany	15	•		•	•	301-1690
Pugh, Lauren*+		•				771-2739
Robison, Taylor	15	•		•		288-7827
Roen, Smader	12	•		•		
Schaffrath, Emma	15	•		•		288-3399
Stefka, Todd	19				•	496-7573
Tarrillion, Courtney	15	•				288-7216
VanOsselaer, Tory	15	•		•		
White, Nikki	14	•		•		394-9041

*-CPR Training +-First Aid Training

Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all Circle C Ranch teenagers seeking work. Submit your name and information to info@circlecranch.info by the 12th of the month!

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resolve it BEFORE it becomes an
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Texas Events - August

1-13—WIMBERLEY: Shakespeare Under the Stars Two Shakespearean plays run consecutively. EmilyAnn Theatre. www.emilyann.org 512/847-6969

3, 10, 17, 24, 31—AUSTIN: Clifford Antone's History of Blues & Rock 'n' Roll With his personal collection of rare archival video footage and audio recordings along with live musical guests, Antone provides a rare, authentic glimpse into the real people and stories behind the music that made history. One World Theatre, 7701 Bee Caves Road. www.oneworldtheatre.org 512/329-6753

4—ROUND ROCK: Main Street Artisan Stroll Talented artists, musicians and performers fill the sidewalks, displaying wares and entertaining strollers from 5 to 9 p.m. Downtown Round Rock. E-mail: info@mainstreetstroll.com • www.mainstreetstroll.com 512/341-8788

5—AUSTIN: Suzanne Vega One World Theatre, 7701 Bee Caves Road. www.oneworldtheatre.org 512/329-6753

6—AUSTIN: Ford Car Show Open to any and all Ford vehicles, including Mustangs, Thunderbirds, Falcons and trucks. Great Hills Baptist Church, Jollyville Road. 512/266-4912 or 512/658-8312

6—WIMBERLEY: Market Day Lions Field, FM 2325. E-mail: lions@visitwimberley.com • www.visitwimberley.com/marketdays 512/847-2201

10—NEW BRAUNFELS: Comal County Music Show House band

and featured artists perform country music. Doors open at 6 p.m. Civic Center, 380 S. Seguin Ave. 830/629-4547 **Hill Country**

12—AUSTIN: Michael Franks Combining elements of pop, rhythm and blues, and jazz, Franks' recordings are a vibrant creative vision. One World Theatre, 7701 Bee Caves Road. www.oneworldtheatre.org 512/329-6753

13—FREDERICKSBURG: Fredericksburg Saturday Night: American Music in the Texas Hill Country Series of live music concerts features bluegrass, blues, soul, jazz, gospel, Cajun, zydeco and other American music styles. Begins at 5 p.m. Pioneer Museum, 309 W. Main St. E-mail: gchs@ctesc.net • www.pioneermuseum.com 830/997-2835

13—JOHNSON CITY: Farmers & Artisans (Market Day) www.lbjcountry.com 830/868-5700 or 830/868-7684 **Hill Country**

13-14—AUSTIN: Citywide Garage Sale Includes antiques and collectibles. Palmer Events Center. E-mail: info@cwgs.com • www.cwgs.com 512/441-2828 **Country**

18-20—JOHNSON CITY: Blanco County Fair & Rodeo www.lbjcountry.com 830/868-5700 or 830/868-7684 **Hill Country**

19-20—TAYLOR: International BBQ Cook-Off Nationally recognized, prestigious family event includes arts & crafts and live music. www.taylorjaycees.org 512/365-2677 **Hill Country**

(Continued on Page 19)

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- Doctor's hours by appointment M-F 7-6, Sat 7-12

Opening in September

Texas Events - (Continued from Page 18)

19-21—FREDERICKSBURG: Trade Days More than 300 vendors sell antiques, collectibles, tools, primitives, shabby chic, ranch furniture, crafts, unique clothing and jewelry, food and more. Hours are 9 a.m. to 6 p.m. Friday and Saturday and 9 a.m. to 4 p.m. Sunday. Hwy. 290 across from Wildseed Farms. www.fbgradedays.com 830/990-4900 or 210/846-4094

19-21, 26-28—FREDERICKSBURG: Harvest Wine Trail Sixteen Hill Country wineries open their doors. Visitors can travel through newly picked vineyards to wineries filled with the smells of new wine and the excitement of the harvest season. Maps are available by calling the toll-free number. E-mail: txwines@texaswinetrail.com • www.texaswinetrail.com 830/868-2321 or 888/997-3600

19-21, 26-28—JOHNSON CITY: Harvest Wine Trail www.lbjcountry.com 830/868-5700 or 830/868-7684

21—CASTROVILLE: Louis Day Features a church barbecue, arts, crafts, games, bingo, silent auction and live entertainment. Mass is held in the morning at St. Louis Church. Koenig Park on San Jacinto. 830/931-2826

25-28—FREDERICKSBURG: Annual Gillespie County Fair Begins Thursday with the Country Music Showdown at 8 p.m. and the opening of the four-day carnival. Includes agricultural and livestock exhibits, a 10 a.m. Friday parade, dances on Friday and Saturday, mutton busting, horseshoe and washer pitching, arts & crafts, queen contest and more. Gillespie County Fairgrounds, Hwy. 16 S. E-mail:

gcffa@ctesc.net • www.gillespiefair.com 830/997-2359

27—AUSTIN: Austin Bamboo Festival Features bamboo plant and crafts for sale, discussions, demonstrations, educational information, tours of the bamboo collection in the Taniguchi Oriental Garden and the opportunity to learn more about growing and using the many species of bamboo that grow in central Texas. Zilker Botanical Gardens. E-mail: txbooguru@aol.com • www.bamboocentral.net 254/593-4012 or 512/929-9565

27—AUSTIN: Keep Austin Weird 5K Open to runners (a timed and certified race), joggers and those wanting to have fun. Includes "Fun Stops" along the way such as Amy's Ice Cream, Oslo, Opal Divines, Bacon & Donuts and surprises. Enjoy a free concert, Fun Zone for children and more. Auditorium Shores. www.KeepAustinWeird5K.com 512/448-2336

27-28—STONEWALL: Grape Stomp at Becker Vineyards www.beckervineyards.com 830/644-2681

28—AUSTIN: Austin Chronicle Hot Sauce Festival Amateurs and pros stir up their hottest sauces in a fiery taste-off. Waterloo Park. www.austinchronicle.com 512/454-5766

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.



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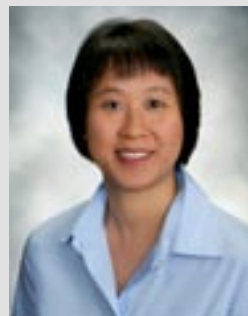
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FROM THE AMERICAN COUNCIL ON EXERCISE®

Managing Cholesterol with Exercise

by Ralph La Forge, M.S.

Approximately 38 percent of Americans have excessively high blood cholesterol levels. The National Cholesterol Education Program (NCEP) states that a sound diet, weight loss and physical activity are the cornerstones of therapy for many individuals with cholesterol disorders.

(Cholesterol-lowering drug therapy is reserved for those who have the very highest lipid levels or for those who have diabetes or coronary disease.)

Atherosclerosis is a costly and fatal disease. Although there is no known cure, new evidence suggests that intensive lowering of serum total cholesterol, or more specifically, LDL cholesterol may retard the progression of coronary artery disease.

The box included in this article contains the NCEP cholesterol guidelines authored in 2001 by a panel of physicians and lipid experts.

Reducing cholesterol through exercise, particularly LDL cholesterol, can be quite labor intensive. When individuals accumulate a sufficient weekly volume of exercise they can lower both total cholesterol and LDL-cholesterol and increase HDL-cholesterol (the "good" cholesterol).

Exercise itself does not "burn off" cholesterol like it can with fat tissue. However, when exercise is of sufficient volume, for example, an adequate weekly frequency and duration, it can significantly reduce triglycerides and stimulate several metabolic enzyme systems in the muscles and liver to convert some of the cholesterol to a more favorable form, such as HDL-cholesterol.

Reducing triglycerides decreases triglyceride-rich particles that are known to promote the growth of fatty deposits on artery walls.

For many people with cholesterol disorders the first choice of therapy is dietary modification. In general, reducing high-glycemic carbohydrates reduces triglycerides, and reducing saturated and trans-fat foods decreases LDL-cholesterol. If LDL cholesterol (the "bad" cholesterol) is high enough, dietary therapy is often supplemented with cholesterol-lowering drug therapy.

Exercise is of tremendous benefit when used in combination with either of these two forms of therapy. For those who maintain a frequent and sufficient level of exercise, it is possible that their physician will reduce their cholesterol-lowering medication and in some cases stop it altogether.

Here are guidelines that outline a systematic

National Cholesterol Education Program Adult Treatment Panel III Guidelines

Total Cholesterol	<200 Desirable
	200–239 Borderline high
	≥240 High
LDL Cholesterol	<100 Optimal*
	100–129 Near Optimal
	130–159 Borderline High
	160–189 High
	>190 Very High
	* <70 mg/dL is a therapeutic option for very high-risk patients (i.e., those with established CHD plus diabetes or multiple risk factors such as the metabolic syndrome)
HDL Cholesterol	<40 Low
	>60 High
Triglycerides	<150 Normal
	150–199 Borderline High
	200–499 High
	>500 Very High
Non-HDL Cholesterol	(This is a secondary target of therapy when fasting triglycerides are >200 mg/dL)
	Non-HDL Cholesterol is calculated as follows: Total Cholesterol – HDL-C
	Non-HDL goal: Same as LDL-C goal plus 30 mg/dL (e.g., if LDL-C goal <130 mg/dL then Non-HDL goal is 160 mg/dL)
	<i>All values are expressed in milligrams per deciliter.</i>

approach for favorably altering cholesterol levels with regular exercise:

- If you do have a less-than-desirable cholesterol level, or your doctor has told you have a cholesterol disorder, have your physician establish your cardiovascular health status before engaging in a vigorous exercise program. Your physician may elect to perform additional blood tests (e.g., C-reactive protein) and/or a graded exercise test with an ECG (treadmill stress test) on you first.
- Choose dynamic forms of exercise that tend to last at least 20 to 30 minutes and are performed at

moderate intensities. Moderate exercise intensities would be an approximate effort of four to seven, on a scale of one to ten with ten being near maximal exercise.

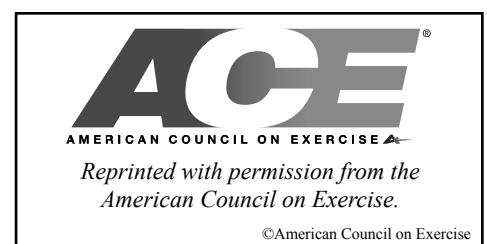
- In general, for exercise to significantly lower cholesterol levels, a relatively high volume of exercise is recommended (e.g. 1,500 kcal or more per week). In 12 to 16 weeks this volume of exercise can reduce total cholesterol by 10 to 20 percent. Fifteen hundred calories expended during exercise is equivalent to about three to four hours per week for the average unfit person performing moderate intensity walking, swimming, walk-jogging or cycling.

This volume of weekly exercise is approximately the same volume of physical activity required to lose weight. As a result, fat weight loss tends to be associated with increases in HDL-cholesterol and reductions in total cholesterol and LDL-cholesterol levels, especially fat lost around the waist and abdomen.

A sample program would be to start with walking 20 minutes per day, four days a week. Over six to eight weeks graduate this program to one hour, six to seven days a week of walking over hilly (variable) terrain or walk-jogging over relatively flat ground. An alternative would be to walk 50 to 60 minutes three days a week and take an aerobics class three days a week and perhaps two to three sets of singles tennis on the seventh day.

It is important to know that lower volumes of weekly exercise can still produce many other benefits, such as improved fitness and overall health, reduced blood pressure, and increased psychological well being. An ACE-certified Clinical Exercise Specialist can help you make the connection safely and effectively.

Ralph La Forge, M.Sc., is an exercise physiologist at Duke University Medical Center in Durham, N.C.



Vegetable Medley


- 4 fresh tomatoes
- 6 green onions chopped or 1 med. onion
- 2 cans green beans (or ½ lb. fresh beans)
- 3 summer squash, sliced
- 1 small green pepper
- ½ C minute rice
- ¾ stick margarine, melted

Mix all together, and pour in greased casserole. Pour melted margarine over all. Bake covered ½ hour at 350°.



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General Rules for Pool Facility

1. Pool is open to residents and their guests only. All guests must be accompanied by a resident. No more than two (2) guests are allowed per resident under age 18. Guests will need to sign in with the responsible resident and pay the guest entry fee.
2. Residents will sign in and out of the pool facility per operating procedure in place. At a minimum, this procedure will involve signing in with name, address, and phone number for every person entering the facility. Separate sign-ins will be available for recreational and lap swimmers to facilitate check-in/check-out. All users of the facility must be prepared to show adequate identification while at the facility. This can include but is not limited to driver's license, voter registration, utility bills.
3. Only resident adults (18 years or older) may participate in early morning resident lap swimming. Children will not be allowed in the pool area unless they are actively supervised by an adult not swimming. All swimmers must check in per current practice.
4. All children age **12 and under** must be actively supervised by someone who is at least 14 years of age while using the swim center. All children between the ages of 12 and 14 will be required to take a swim test if they are unsupervised. The 12 to 14 year olds will be allowed use of the facility once they pass the swim test. The test will be to swim 25 meters without stopping and will be administered by the in-charge lifeguard/manager.
5. Lap lanes are for lap swimming only.
6. The pool will close for at least 30 minutes when thunder is heard and/or lightning is sighted. The pool will reopen at some point after the last thunder is heard or lightning seen (as determined by on-duty CCHOA head guard/manager). **ALL** Swimmers must get out of the pool immediately and take cover under a man-made structure during a thunderstorm.
7. Ten (10) minutes before every hour there will be a ten (10) minute safety check when all recreational swimmers will be asked to get out of the pool. **NO EXCEPTIONS.** Lap swimmers may also be asked to exit the pool in certain instances.
8. Animals are not allowed at ANY time within the pool fenced area.
9. Diving is never allowed for recreational swimming. Diving blocks are for use by the organized swim team with appropriate supervision during agreed-upon hours.
10. Radios or music players of any kind must be used in pool area with headsets. No exceptions.
11. Fighting or rough horseplay is not permitted at any time. This includes chicken fighting and dunking.
12. SCUBA equipment (tank, regulator and buoyancy control device) is not allowed to be used. Snorkels are allowed if they are used with supervision of parent/adult or swim instructor.
13. No Frisbees, tennis balls, or hard balls will be allowed in the pool. These items may be used in the recreational field area **AWAY** from the pool. Balls used in the pool must be watersport/foam balls.

(Continued on Page 23)

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General Rules for Pool Facility - (Continued from Page 23)

14. No profanity or public display of affection is allowed.
15. Bicycles, skates, or skateboards are not allowed in the pool area.
16. Water guns are not allowed.
17. All children who are not yet toilet trained must wear a swim diaper along with their bathing suit. A plastic or rubber diaper cover is highly recommended in addition to a swim diaper. A swim or regular diaper must be worn while out of the water.
18. No glass containers are permitted in the swim center.
19. No drugs or alcohol are allowed. Intoxicated individuals will be denied entry or asked to leave the facility. (CCHOA BOD may, at their discretion, permit alcohol at approved events held at the pool.)
20. No smoking is allowed.
21. Swim fins/flippers may only be used while IN THE WATER.
22. Baby floats are allowed only if the child is being supervised by THEIR parent or qualified adult. The child must remain within arms reach of the supervising adult at ALL times.
23. Non-pool toys are not allowed inside the pool area.
24. No shoulder-sitting/diving is allowed—including with parents and their children.
25. Lost and found items will be kept for one week and then thrown out.
26. Personal property and valuables are not the responsibility of the CCHOA.

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