

Volume 3, Number 5

May 2006

www.circlecranch.info

President's Letter

May a Milestone Month for Circle C

May is usually a busy time in Circle C, but this month will undoubtedly be remembered as a landmark in the growth and development of our community. **Escarpment Village Shopping Center** will soon take its place as a focal point of community life; with a new **HEB**, **Starbucks** and a host of other commercial and service oriented businesses holding their grand opening celebrations. For Circle C veterans, some of whom remember a time when their kids took the bus to Boone Elementary and Mopac stopped at Ben White, the thought of having all this convenience in their backyard borders on the surreal. For them, this is more than "just another store opening" - it's a much deserved reward for sticking it out through years of long haul commutes, heated development battles and a controversial annexation.

Long gone are the days when we were that "**neighborhood in the middle of nowhere**" on the way to the Salt Lick. We are now one of the largest planned communities in Texas, growing so fast it's becoming difficult to keep track. By latest count we now have more than **3,700 homes** – an increase of more than 400 from just a year ago...and the pace is only going to pick up steam. Look for another 1,000 new homes to break ground in the next few years.

Amidst all this growth the CCHOA Board of Directors has experienced a number of recent changes. Last month **Brendan McEntee** and **Sam Irwin** were elected to serve three year terms and **Mike Price** resigned his seat after selling his home. The remaining board members chose **Ryan Garcia** (who finished third in the election) to fill the remaining two years of Mike's term. At our April 3 meeting we elected new officers. I had the honor of taking over the helm as president. Ryan was chosen **Vice President**, **AE Martin** was tapped as **Treasurer** and Brendan accepted the duties of **Secretary.** My fellow officers and I look forward to tackling the many issues faced by such a growing and diverse association of homeowners.

It is fitting we recognize Circle C's stunning growth in the same month the **City of Austin** and the **Austin Independent School District** hold concurrent elections (on May 13). For those of you new to area, Austin elections are "entertaining" affairs dominated



New HEB is a cornerstone of the new Escarpment Village Center. Officials say it will be a cross between a regular HEB and Austin's Central Market.

by neighborhoods that manage to turn out their voters. Professional politicians and community activists are on the ballot alongside some of the more "colorful" individuals imaginable. They all manage to bring a unique perspective to a heated debate over city and district policy; and the results usually have a direct impact on Circle C and our quality of life. This year is no different. Aside from multiple spots on the city council and AISD Board of Trustees, voters will decide the fate of 7 proposed amendments to the city charter.

Much buzz has circulated around **Propositions 1 & 2**. Prop. 1 is an attempt by activists to strengthen regulations that would further limit the scope of development in southwest Austin. Prop. 2 aims to make most city government correspondence and documentation available on line in real time. The CCHOA Board of Directors strongly urges residents to educate themselves on these and the other proposed charter amendments – as they promise to have a direct impact on Circle C.

(Continued on Page 2)

City of Austin / AISD Election - May 13!

CCHOA Numbers

HOA Mgmt Officeinfo@circlecranch.info or 288-8663
Financial Office
Newsletter Publisher
Peel, Inc. Sales Office
Adv./Kelly Peel advertising@PEELinc.com, 512-989-8905
Circle C Amenities
Circle C Café
Circle C Swim Center
Circle C Tennis ClubCircle_CTennis@msn.com, 301-8685
Golf Course at Circle C Ranch

2006 Board of Directors

Ed Scruggs	President
Ryan Garcia	Vice President
AE Martin	Treasurer
Brendan McEntee	Secretary
Matt Cano	Director
Carolyn Merritt	Director
Sam Irwin	Director
Contact Information	.Email: directors@circlecranch.info

IMPORTANT NUMBERS

BFI (Allied Waste)	247.5647
Dead Animal Collection	
Abandoned Vehicle	280.0075
Pothole Complaints	974.8750
Stop Signs	457.4885
Street Light Outage	505.7617
Schools	
Kiker Elementary	414.2584
Baranoff Elementary	841.7100
Mills Elementary	841.2400
Bailey Middle School	414.4990
Small Middle School	841.6700
Bowie High School	414.5247
SAYSA	899.1049

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Presidents Letter - (Continued from Page 1)

If you hadn't noticed already, we've also seen a number of changes at our swim facility. **The UT Longhorn Aquatics contract expired** at the end of March and was not renewed. As a result, the lane lines were removed and replacements ordered. With a little luck we'll have the new lines in place by the time you read this. Meanwhile, Pool Manager **William Hamilton**, who did a great job in a short time with us, resigned to take an offer closer to his Wimberly home. As a result, **Tom Davis** is on-site through the summer as an interim manager on a contract basis. Tom, who runs the company **Lifeguard for Hire**, comes to us with stellar references and a resume listing years of pool service and management experience.

When it comes to the UTLA contract, I want to make it clear the CCHOA Board of Directors realizes the failure to renew has rekindled some intense debate within segments of the neighborhood as to the use of the swim center and to what extent we should lease out our facilities to outside organizations. With this in mind, the board and the pool committee are studying the most effective ways to seek direct input on this issue from homeowners.

You may also have noticed the main pool was closed at the end of April for **additional plaster repair**. For details on that project, as well as an update on the state of our **baby pool**, please refer to this month's special article marking the impending start of the summer swim season.

Finally, if you haven't seen the **2006 Circle C Directory**, it should be arriving in your mailbox shortly. This ever expanding listing of member names, addresses and phone numbers is a true testament to how large we've actually become. Many will find the directory an indispensable tool when it comes to keeping in touch with friends and neighbors. Our newsletter publisher, Peel, Inc., is providing this service in exchange for allowing the placement of a few, unobtrusive advertisements. In the process, **CCHOA saves more than \$6,000** in printing in distribution costs!

Best Regards, Ed Scruggs CCHOA President

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CCHOA Announcements

CCHOA General Announcements

Submitted by Denise Nordstrom

Community Blood Drive

The Blood & Tissue Center of Austin will host a community blood drive on May 27, 2006 from 9am to 12pm. To sign up on line visit, <u>www.lonestardonor.com</u> and enter in "CircleC" as the sponsor code. Or you can call 288-8663. For more information on whether you can donate, visit the Blood & Tissue Center website at <u>http://www.bloodandtissue.org/</u>

Deed Restriction Reminder

Now that Spring is here we will be doing routine drives through the neighborhood to make sure lawns, trees and shrubs are in compliance with the Declaration of Covenants, Conditions and Restrictions for Circle C Ranch (the *deed restrictions*).

They specifically state in <u>Article VI Maintenance</u>, <u>Section 1 Duty</u> <u>of Maintenance</u>:

Owners and occupants (including lessees) of any Lot shall jointly and severally have the duty and responsibility, at their sole cost and expense, to keep the Lot so owned or occupied, including buildings, improvements, grounds or drainage easements or rights-of-ways incident hereto, and vacant land, in a well-maintained, safe, clean and attractive condition at all times. Required maintenance includes, but is not limited to, the following:

- a. Prompt removal of all litter, trash, dead vegetation, refuse and waste;
- b. Lawn mowing on a regular basis (maximum grass height for developed properties – 6"; undeveloped property – 9");
- c. Tree and shrub pruning;
- d. Watering landscaped areas;
- e. Keeping exterior lighting facilities in working order;
- f. Keeping lawn and garden areas alive, free of weeds, and attractive;
- g. Keeping driveways in good repair;
- h. Complying with all government health and police requirements
- i. Repair of exterior damages to improvements;

Please be sure that your lawn and beds are free of all weeds, that your grass is made up of consistent turf and is kept edged and mowed during the growing season and that your trees and shrubs are kept trimmed and maintained.

Trash Cans & Recycle Bins

We are also getting a lot of calls regarding the storage of trash cans and recycle bins. These should be stored out of sight from the street and not be visible.

Please do your part to keep Circle C Ranch a beautiful place to live. If you have a deed restriction violation to report, please either call the HOA office at 288-8663 or send us an email at info@circlecranch.info

Easter Egg Hunt a Hit!

The HOA hosted their Annual Easter Egg Hunt on April 15 at the Circle C Swim Center and Child Development Center. Over 400 children participated in the event and we had over 6000 eggs!. A big thank you to the Special Events Committee (Joy Miletic, Melinda & Bob McKenna, Michelle Moran, Mary Schaffrath, Cindy Groves and Julie Arevalo) for their hard work and to Circle C Resident Patrick Rosen for helping set things up.



Line 'Em Up!: Hundreds of children and their families anxiously await entry into the 2006 Circle C Easter Egg Hunt. The annual hunt, held this year at the Circle C Child Development Center, is traditionally one of the more well attended neighborhood events.



Ready for Some Treats!: 4 yr. old Charlyanna Courtney had a little help from a furry friend at the

2006 Circle C Easter Egg hunt. Hundreds of kids and their families turned out for the annual event, held this year at the Circle C Child Development Center.



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CCHOA Announcements Continued

Illegal Dumping

The Circle C HOA has a dumpster located in the Swim Center parking lot that is for trash generated by the Swim Center and Circle C Café – ONLY. The Circle C Child Development Center has their own dumpster located behind their building that is for trash generated by the CDC – ONLY. It is illegal to dump your garbage or unwanted items in either of these dumpsters (or anywhere for that matter). You must contact your solid waste provider, Allied Waster at 247-5647, or take to the City Dump. We will be monitoring these dumpsters for illegal dumping and if you witness anyone illegally dumping, please call 311.

Request from your mail carrier

We have been contacted by Circle C mail carriers to send a reminder to residents to TURN OFF their cars when picking up their mail (while mail carriers are delivering the mail). The heat generated from the cars (even for a few minutes) produces much heat making the already high temperatures unbearable. They appreciate your cooperation.

City of Austin Enforcing Portable BB Goals in the Right-of-Way

The City of Austin has begun a sweep of Circle C Ranch looking for portable basketball goals in the right-of-ways (in the street and generally up to the first expansion joint in the driveway). They will send a certified letter to homeowners in violation giving the homeowner 14 days to remove the goal. If it is not removed within 14 days, the City will haul the portable basketball goal to the dump. Any violations within the next 90 days will result in a second letter giving 7 days. If it is not removed within 7 days, the City will remove the portable basketball goal. For questions on this, please contact Sam West with the City of Austin Street & Bridge Division at 974-8775.

Cardboard Recycling

The CCHOA has a cardboard only recycling container located at the Swim Center (the blue dumpster) that residents MAY use for recycling cardboard. Please break down all boxes before putting in dumpster. If the dumpster is full, please do not leave your cardboard on the ground, instead try back in a few days after the dumpster has been emptied. Spread the word and let all of your new neighbors know there is a place to take all those moving boxes.



CCHOA Announcements Continued

Circle C Landscape Update

Submitted by Susan Hoover

We have had some GOOD NEWS!!!. Last fall, Circle C Landscape and the Circle C Homeowners Association jointly applied for a Texas Environmental Excellence Award. These awards are given by Governor Rick Perry and the Commissioners of the Texas Commission on Environmental Quality.

We submitted for consideration the Circle C Ranch Revised Landscape Model (Green Community Landscape Model) and were named a Finalist. Each application is reviewed and scored by the TCEQ professional staff. The highest scoring projects are forwarded to a blue ribbon commission made up of representatives of industry, local government, civic organizations, schools and environmental groups from the entire state. Overall there are 8 winners and one or two finalist for each category. The Circle C Homeowners Association will be recognized at the May 10 awards banquet and receive a certificate from the governor.

The revised landscape model was developed by Circle C Landscape in 2001 and has been supported by all CCHOA Board of Directors since that time. It emphasizes a revised landscape palette for Circle C that sets the goals of 1) water conservation; 2) use of regional and sustainable plants; 3) reduction in use of herbicides and pesticides, 4) horticultural diversification and 5) reduction in turf area. The current improvements to the existing commons areas of the CCHOA use this model, and you can see it fully implemented on Spruce Canyon and La Crosse West. If you would like more information on the model and suggested plants, please visit the Circle C HOA website at www. circlecranch.info.

HOA Office Hours

We have had several residents ask where the HOA office is located and our hours of operation. The HOA management offices are located at 5919 La Crosse Avenue, Suite 100 right in the middle of the main mail center across from the pool. Our office hours are 10am to 3pm. Give us a call at 288-8663 or email us at info@circelcranch.info

Attention Dog Owners

Please be courteous and follow the City of Austin ordinance regarding cleaning up your dog's waste while walking him in the neighborhood. This includes all common areas and your neighbor's lawn!



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CCHOA Announcements Continued

LaCrosse Office Tract (5915 LaCrosse) Committee Update

Submitted by Susan Hoover

At the CCHOA Annual Meeting, a presentation of the development of the lot between Kiker and the Circle C Child Development Center was given. This is a 5.4 acre tract that is zoned neighborhood and local office with a conditional overlay. Essentially, it is zoned for professional offices such as doctors, dentists, title companies, financial brokers, etc. It cannot be used for retail use.

Carolyn Merritt, Board Member, gave a presentation that talked about the history of the site. The site was listed as office on the original MUD land use plan and received permanent zoning as part of the Bradley Parties Settlement Agreement in 2000. The owner, Phoenix Holdings, is controlled by the U.S. Bankruptcy Court, which put the property up for sale. The asking price was \$595,000 and the CCHOA explored the possibility of purchase, establishing a co-purchase with another developer, having someone else purchase it and donate it to the CCHOA, and having the school district purchase it. None of these scenarios were able to be accomplished.

Mike Stone, a Circle C resident and head of Stone Commercial Group, now has a contract to purchase the property. At the meeting he discussed his desire to develop the property as an office condominium project, with private ownership in the office condos. He has expressed a willingness to work with the CCHOA on the many issues that affect this tract, and a committee has been appointed by the CCHOA Board of Directors to be involved in this process.

The Committee held a Town Hall meeting at Kiker on March 29 to discuss the project and get input from neighbors. Items that were mentioned included safety, lighting, traffic on La Crosse, overall aesthetic design, how construction will be done, and future operational issues.

Currently, there is not a developed design or site plan. As items become available, they will be posted on the Circle C HOA website at <u>www.circlecranch.info</u>. The committee will provide regular updates as issues are decided and acted upon.

If you have any comments regarding this tract of land, please forward them to info@circlecranch.info.



Circle C Voice Critical in May 13 Election

When it comes to Austin politics, the neighborhoods that turn out their voters usually control their own destiny. There are times when strong voter participation has been the only thing protecting Circle C from interests that seek to restrict and degrade our quality of life. For evidence we only need to go back to the **2004 AISD school bond election**. Overwhelming pressure from Circle C residents helped topple early opposition to get the construction of a new elementary school and a new middle school on the ballot. Our strong turnout at the polls was the driving force that led to overwhelming approval of the entire bond package.

That type of recognition builds clout with our elected officials. While it takes years to build such respect, it can be easily squandered if sluggish turnout becomes a pattern. With a combination of city council and school board seats up for grabs, as well as 7 proposed revisions to the city charter up for consideration, Circle C voters cannot afford to sit this one out.

Aside from 7 proposed charter amendments, four city council races are on the ballot this time. **Mayor Will Wynn** and **Council Member Brewster McKracken** face challengers in their bid for re-election and a host of new faces are squaring off to replace outgoing members **Raul Alvarez**.and **Danny Thomas** (who is leaving his seat to challenge Mayor Wynn). Circle C voters will also help choose 3 seats on the Austin Independent School District Board of Trustees. Two of those seats are voted on "at large" and the third, representing our southwest district, pits Incumbent Trustee **Robert Schneider** against challenger Mel Fuller.

The CCHOA Board of Directors urges you to take the time to either cast your ballot early or at your regular polling station on **Saturday**, **May 13**. If you are new to the area, the general rule is those living north of Slaughter usually vote at Mills Elementary, while those living in Wildflower Park must make the trip over to Bailey Middle School. Those living in the central section of Circle C on either side of Escarpment vote in a combined precinct at Kiker Elementary.

An illustration of why we need another demonstration of our voting strength can be seen with the new **Kiker Elementary classroom expansion**, which was inexplicably delayed for months due to the desire of some activists to hold the project to a level of environmental regulation not required by current law. Debate among school district officials and a delay in obtaining the building permit will mean the expansion will not be completed before school opens this August. This willingness to push for increased development restrictions might also impact our plans for improving our neighborhood amenities (such as building a new pool). The only weapon we have to combat this line of thinking is to prove that we are engaged enough to turn out at the polls.

For a complete list of polling locations, city council candidates and proposed charter revisions, please visit the city clerk's elections website: <u>www.ci.austin.tx.us/election</u> For a complete list of AISD Trustee candidates, please access the Travis County Clerk's Election Division site: www.co.travis.tx.us/county_clerk/election.



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Frequently Asked Questions



What are the rules on trash can and recycle bin storage?

The Declaration of Covenants, Conditions and Restrictions states that trash containers and recycle bins may the outside a maximum of two times each week for 12 hours. Trash cans and bins are to be stored in an area not visible from the street at all other times.

Are basketball goals allowed in Circle C?

Permanently installed goals are not permitted in Circle C. The deed restrictions state that basketball goals are to be stored out of the view of neighbors when not in use. City of Austin code states that only motorized vehicles are allowed to be parked on public streets and all sidewalks must remain clear and open for pedestrians.

Are cars allowed to be parked on the street?

The CCHOA does not have jurisdiction over the streets in Circle C; they are the responsibility of the City of Austin. However, the City of Austin's policy states that any vehicle with an expired registration sticker parked for more than 48 hours can be tagged by officers and/or impounded. Additionally, non-operating vehicles may not be parked or left on public streets for more than 72 hours. Please call 280-0075 to report an abandoned or non-operating vehicle.

What should I do about barking dogs and stray animals?

Stray Animals may be picked up by animal control by calling 311. The City of Austin states it is unlawful for dogs to make frequent noise disturbing to persons in the neighborhood and violations should be reported to the City. You may also call the CCHOA office at 288-8663 with specific date and time for excessive barking. The staff will send a cooperative letter to the homeowner.

How do I report a street light outage?

Every light pole has an assigned number mounted on the pole. Jot down the number and call the City of Austin at 505-7617.

Are boats, trailers and recreational vehicles allowed in Circle C?

The Deed Restrictions require that any vehicle or trailer other than a conventional automobile be stored, placed or parked in an area concealed from view of other Homeowners.

What are the rules on maintenance?

Homes are to be kept in a well-maintained, safe, clean and attractive condition at all times. Lawns and garden areas should be kept alive, free of weeds and attractive. Lawn mowing is required on a regular basis. Trees and shrubs are to be pruned. Litter, trash, dead vegetation and debris should be promptly removed.

What are the rules in Circle C on walking with your dog off leash and what about picking up after your dog?

Both of these issues fall under the jurisdiction of the City of Austin. It is against CoA ordinance to have a dog off leash except on your private property. It is also a requirement by the City that dog owners pick up and properly dispose of their dog's feces. In this regard, we recommend dog walkers carry a plastic grocery bag or newspaper sleeve. Slide it on like a glove, pick up the offensive matter, pull the bag back over your hand, knot it and throw it in your trashcan when you return home. Please keep our landscaped commons areas beautiful and clean for the enjoyment of all.

Do I have to submit plans for improvements and/or additions to my home?

All improvements such as decks, patio covers, pools, change in fencing or any other permanent structure must be submitted to the Architectural Control Committee. You may download an application form as well as a fee schedule on our website at <u>www.</u> <u>circlecranch.info</u> under the "ACC" quick link section.

What do I need to visit the Swim Center?

Currently you will need to give your name and address at the front desk for admittance. The Association is working on a more permanent resident verification system, but in the meantime your name and address will be checked to be sure the association dues have been paid. Guests may accompany you to the swim center (one guest per resident) for a fee of \$2 per person, per visit.

Are door to door solicitors and door flyers allowed in Circle C?

Both of these issues are governed by the City of Austin. By City ordinance, solicitors must abide by "No Soliciting" signs on private property. It is our suggestion that you place a small "No Soliciting" sign near your doorbell and/or a small staked sign near your front porch.

MEDICAL & PROFESSIONAL OFFICES FOR SALE, LEASE OR LEASE/PURCHASE

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CCHOA Clubs & Announcements Continued

Rat & Mice Killer

Submitted by Susan Schaffel

I have noticed a large decline of owls in CCR over the years and some I have seen have been ill or after I have rescued them died. Owls and other raptors are Texas natives and a desirable bird to have in your yard as their MAIN diet is mice, rats, etc.

MOST if not ALL of the rat/mice killer that you buy from big box retailers such as Home Depot & Lowes causes **secondary kills**. By that I mean if a rat eats the bait & the owl (which eats rats & mice as their natural foods) eats the rodent which has ingested the bait the owl will die! That is a secondary kill.

Two products which are sold that does not cause secondary kill on our native wildlife but works great on the rodent problem is 'Just One Bite' & 'Rode-Trol'.

You can purchase these at Buck Moore Feed @ 5237 N. Lamar & @ The Natural Gardner on Old Bee Caves Rd. I am sure there are other places that also sell these products.

Be aware that all rat/mice killer will kill squirrels and other non targeted animals so put this poison is a safe place especially away from children & pets.

Another product to **avoid using outside is sticky bait traps.** This also kills **non targeted** wildlife. I made the unfortunate mistake years ago putting out sticky boards. I ended up sticking a **male and** **a female cardinal** on them. My heart almost broke. One died from stress & the other I rescued and its wing was repaired and released. Mind you I am a birder and 'should' have thought this through!

Another helpful thing you can do to help our native wildlife is keep your cat indoors. It is nesting season for our native wildlife, especially our feathered friends. Cat predation on wildlife causes more then one million native animals to die each year in the City of Austin alone. If you are interested in how to make an outdoor cat A HAPPY INDOOR CAT you can go to www.abcbirds.org, www. catfence.com, www.purrfectfence.com or feralcat.com/fence.html OR pick up a brochure at your local vet clinic in the tri-county area. We have 100 Vet's participating in the keeping cats indoors isn't just for the birds campaign. Cat's Indoors is co-sponsored by The City of Austin's Town Lake Animal Shelter AND Travis Audubon Society. www.travisaudubon.org. Other sponsors include the Humane Socity of Austin and The Animal Trustees of Austin. There are many new products that allow a cat to roam outside but not cause harm to itself or wildlife. Here are some websites that sell cat enclosures or do it yourself instructions.

Thanks for helping to save our declining native wildlife.



CCHOA Clubs & Announcements Continued

Park West HOA News

Submitted by Dave Maril

The Third Annual Park West BBQ is set for May 7, 5-7 PM, at the East Postal Common Area. Pok-e-Jo's is catering and surprise guests are expected. You should have purchased your tickets by now, so bring a chair or table if you can, and prepare to have some fun. And special thanks to Jean Griffith and her committee for planning an excellent Park West Garden Tour last week.

The two remaining Park West vacant lots, 6003 and 6506 Tasajillo Trail, now have house plans set for construction. With completion of these homes later this year, Park West will be built out and the both vehicle gates will be closed weekdays.

The board was asked if Austin emergency vehicles have our gate entry codes. We checked and police, fire, and EMS have our entry codes. To insure emergency vehicles, and the pizza guy, can quickly locate homes after dark, our Roads and Gates Committee is working on plans to paint residents' home address numbers on their curbs. And thanks to the R&G folks for our new "No Trespassing" and "Drive with Caution" signs they installed at both entry gates. Posting of the no trespass signs allows residents to call the police, 311, to report annoying door to door solicitors. We are already seeing fewer sales people and door knob ads.

A serious dog incident occurred in early April when a large off-leash



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8106 Brodie Lane, Ste 108 www.austintexasdentist.com dog left its owner's yard, crossed Dalea Vista Court, and bit a resident walking her small dog. Austin police were called and, although the dog was current on shots, Austin Animal Control quarantined the dog for eleven days at the owner's expense. Such attacks will not be tolerated; dogs must be fenced or on a leash. While we are discussing dogs, most of our dog walkers clean up after their pets. A few dog owners are still allowing pets to soil other resident's front yards. There is a City of Austin soiling ordinance and you can be reported and fined for ignoring this city law.

Several residents have called on neighbors storing boats in driveways. As Circle C restrictions prohibiting boat storage apply, residents should notify the CCHOA office at 288-8663. You can view the CCHOA Deed Restriction Policy online at: http://www.circlecranch.info/documents/AssociationDocuments/DeedRestrictions/CCHOA-DeedRestrictionPolicy2003.pdf

Park West residents should have received an updated Park West Directory from Goodwin Management. This directory is intended for the use of Park West home owners only and not for any commercial purposes. If your information is incorrect or missing, contact Marilyn at Goodwin Management.

DOCTORS? TEACHERS? ASTRONAUTS? LAWYERS?

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Edward Jones

Maintenance Sets Stage for Summer Swim Season

With the summer swim season just around the corner, CCHOA is busy shoring up a number of significant maintenance issues. As many know, the main pool was closed at the end of April to address cracking left in the wake of this past winter's re-plastering effort. **Hines Pool and Spa** has admitted their crew did not adequately clean the south end of the pool before applying the plaster – which resulted in cracks appearing in several locations. The cost of the re-plastering and material is being covered by Hines, which has pledged to continue working with us until all repairs are completed to our satisfaction.

One of the more unfortunate developments at the swim center has been the **closure of the baby pool**. Inspectors from both the City of Austin and our amenities planning firm, RVI, examined the facility earlier this year. Both inspectors found serious health and safety issues with the baby pool. The problems range from an outdated design, drainage safety concerns and a faulty flow and turnover rate. Since the discovery we've investigated a number of stop-gap or seasonal solutions to get us through the summer. So far, most of these have been found to be non-viable from a health code or financial standpoint.

The swim center's considerable age and almost non-existent maintenance record was one of the primary reasons we asked RVI engineers to inspect the facility. There was no way to put together a plan to modernize the facility without having an accurate picture of its current structural and safety needs. Thankfully, we now have the ability to proceed safely based on factual information and not just fragmented history.

We are continuing to work with the city in an effort to develop an acceptable plan for short term renovations aimed at getting us through this summer. So, in other words, the jury is still out as to whether we will have a baby pool available this season. I realize the potential hardship this presents to so many families (including my own) with very young children and little yard space. I can only offer an apology for the inconvenience and ask for your patience.

We are doing everything possible to find a workable, long-term solution that will result in an updated, quality product that will safely serve the children of Circle C for many years to come. RVI has already created a conceptual plan for a **modern**, **family oriented splash pad**, to be located in roughly the same location, utilizing the current shade structure. The next step will be to obtain more detailed drawings before determining an estimated cost of construction. Once those details become clear it will be more feasible to consider establishing a construction timeline.





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FAMILY OF THE MONTH The Tekell Family, Heather, Lane, Logan, Grant and Cameron. The Daughter and Grandchildren of Suzanne Burnes



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Circle C Amenities

Lady Bird Johnson Wildflower Center

Submitted by Saralee Tiede

In May, your nearby neighbor, the Lady Bird Johnson Wildflower Center at 4801 LaCrosse Ave., goes back to regular hours—closed on Mondays — but there are tons of family friendly events, and you will not want to miss Gardens on Tour, the perfect Mother's Day weekend activity.

Gardens on Tour is a self-guided walk through six of the most exciting native plant gardens in Austin, including the Wildflower Center. Tickets are available now at the Wildflower Center store and several area nurseries — \$25 for all six gardens. For information, call 292-4200 or www.wildflower.org.

What's In a Name: Wildflower Identification Tour

Thursday, May 4, 4 to 7 p.m.; Learn basic plant family characteristics, practical uses, legends and folklore about familiar wildflowers. Pre-registration required; call 292-4200, x112.

Grasses of the Texas Hill Country

Saturday, May 6, noon to 1 p.m.; Photographers and naturalists Brian and Shirley Loflin share their knowledge and expertise about central Texas grasses through vivid photographic presentation.

BRIT Distinguished Lecture Series

Allen M. Young, Ph.D. - The Chocolate Tree: A Natural History of Cacao; May 8, 7 p.m., Reception at 6 p.m.

Eco Adventures for Kids

If Looks Could Kill: Carnivorous, Poisonous, & Thorny Plants of Texas; Thursday, May 11, 5 to 9 p.m.; Cost: \$1 Plants that eat meat! Poisonous plants looking good enough to eat! Pokey plants that have a point! Learn about the myths, legends, facts, and a bit about their lovely allure and secret weapons.

Landscape Under the Eaves: Container Plant Workshop

Wednesday, May 17, 10 a.m. to 2 p.m. Cost: \$40 for members, \$45 for non-members

A Drop in the Bucket: Water Conservation Family Workshop

Saturday, May 27: 8:30 a.m. to noon, \$35 members, \$45 non-members

for one adult and one child. For children 10 through 13 years old Free to EcoExplorer Club members. Registration required.



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Circle C Amenities Continued

The Golf Club at Circle C Ranch

Submitted by Denise Fisher

Live Music & Family Dining, Fridays - We'll rock the neighborhood with our own version of the Austin music scene in our beautiful patio and 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 <u>www.thegolfclubatcirclec.com</u> and call 288.4297 extension 2 to reserve your spot.

Memorial Day Celebration & Third Language Concert, starts Friday, May 26th – Kick off the summer with a relaxing weekend at the club. We'll start with a fun, family concert with Austin's own Third Language on Friday night 7-10pm, kids are free and adults pay a minimal cover fee. The weekend will feature 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.

Summer Camps and Clinics – Kids of all ages can learn the game of golf in a fun atmosphere with our summer camps and clinics with the Buck Mayers Golf Academy. A variety of programs for beginner to intermediate players will be available. Visit <u>www.</u> thegolfclubatcirclec.com for a full schedule.

Men's League Membership – Take your golf experience to a new level of satisfaction by joining the best golf league in Austin. Play competitive events, network with fellow golf nuts and ensure the future of the great game of golf. To learn more visit <u>http://www.thegolfclubatcirclec.com/page/101-8509.htm</u> or call the Pro Shop at 288.4297.

Tina's Tour of Texas, Friday, May 19th – Join Texas Women's Golf & Leisure Instruction Editor and PGA Professional Tina Bradley-Mayers as she hosts a fabulous golf experience for lady golfers on Friday, May 19th. The tour continues with a visit to Comanche Trace in Kerrville and includes luxury transportation, golf, lunch, happy hour and fun! To book or to learn more visit texaswomensgolf.com or call 512.965.6571.

Amadillo Golf Players, Spring League starting Sunday, May 7th - Austin's premier CO-ED golf league starts it's spring season of play with a five-week, 9-hole tournament each Sunday afternoon with a two-person team scramble format, designed to be enjoyable for golfers of every skill level. Play starts with a 4:30pm shotgun starting Sunday, April 3rd – May 8th. To sign up, visit <u>http://www.armadillogolf.com</u> or call Alicia Parrish at 512.448.4566 for more information.

Kitty Fowler





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"Kitty made the best use of my time. She had the knowledge, resources and kindness to walk me through what could have been a harrowing experience"

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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."

"The analysis Kitty prepared helped us understand the value of our house and our neighborhood. She walked us through all the details and was very knowledgeable and professional about the entire process."

"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."

I'm a long-time Circle C resident who has aggressively helped hundreds of people throughout Austin buy and sell their homes. In this competitive market you need an experienced professional who can help you sell your Circle C home in minimum time for the best price. Contact me for a market analysis and my strategy to sell your home quickly.

Mobile: (512) 825-9109 Fax: (512) 301-6636 E-mail: kittyfowler@austin.rr.com

Circle C Amenities Continued

Circle C Tennis Club News

Submitted by Fernando Velasco

Summer Tennis Lessons - The Circle C Tennis Club will be offering Ad

lessons for both adults and children beginning the week of June 5, 2007. Lessons are available to both members and non-members of Circle C Tennis Club. For schedules and fees, contact us at 301-8685

Juniors

- Pee Wee for ages 3-5: Mon. and Wed. 8:30 AM 9:00 AM
- Grand Prix for ages 6-8: Wed. and Friday 9:00 AM 10:00 AM
- · Grand Prix for ages 9-11: Tues. and Thurs., 9:00 AM 10: 00 AM
- Grand Prix for ages 12-15: Mon., 9:00 AM 10:00 AM/Wed., 9:00 AM – 10:00 AM
- Pre-Advanced Tournament Players I (By Invitation Only) Tuesday and Thursday, 5:30 pm – 7:00 pm
- Pre-Advanced Tournament Players II (By Invitation Only) Monday, Wednesday and Friday, 5:30 pm – 7:00 pm
- ATP (Advanced Tournament Players (By Invitation Only) Monday through Friday, 10:00AM – 1:00 pm

Juniors Week-Long Camps

Mon. through Fri., 10am - 12 noon, Members: \$99/week; \$22.50/ day

Non-Members: \$110/week, \$25/day

<u>6 to 9 yrs old:</u> June 5, June 19, July 3 and July 17 10 - 13 yrs old: June 12, June 26 and July



- Monday, 6:00 7:00 PM (Men)
- Thursday, 9:00 AM 10:00 AM (Ladies)
- Friday, 9:00 AM- 10:00 AM (Ladies)
- Saturday, 11:30 12:30 pm (Co-Ed)

Sessions begin the week of June 7. Sessions are open to both Members of Circle C Tennis Club and Non-Members. To sign up, please stop by the Tennis Pro Shop. For more information, you may contact us at 301-8685

Membership Special - Join before June 1st and your sixth month as a Member, will be free. Presently there is no Initiation Fee and Membership Fees are \$110.00 a month for a family, \$100.00 a month for Family Seniors and Singles, \$75.00 a month for Senior Singles and \$75.00 a month for Juniors. For an additional \$35.00 optional membership, you may be able to use some of the finest Country Clubs in Austin. This fee allows you to join the "Austin Society" of Clubs, giving you privileges to play golf, tennis, swimming and dining in many of the Private Clubs, not only in Austin, but also in many parts of the country. For more information, call Kathi at 301-8685.



With over 25 years in finance and credit, including 15 in the mortgage business, I have consistently provided custom-fit home loans for all my client's financial needs and goals.

Find out what "personal service" can really mean. Circle C resident since 2000.

Watch for the Grand Opening of our new branch in Escarpment Village, coming mid-year.

Circle C Amenities Continued <u>Teenage Job Seekers</u>

Baby Pet House Yard Name Age Sit Sit Sit Work Phone

Circle C Cafe & Catering www.circleccatering.com Submitted by Chef Jaime Arevalo 288-6058 Pool Cafe Hours: Monday - Saturday 3pm-8:30pm Closed Sunday Serving salads, pizzas, hamburgers, and nightly gourmet specials *please find calendar of specials attached **Delivery is always FREE in Circle C!** 292-4716 Wildflower Cafe Hours: Monday-Saturday 9am-5pm Sunday 11am-5pm Serving salads, sandwiches, soups, and desserts ***the flowers are blooming!!!*** Plant Sale Sat, April 8th & Sun, April 9th 301-7235 Catering Line We cater all events large & small. Please contact us for a personalized proposal! Gift Cards Now Available! Do you have a friend that just had a baby or a neighbor that had surgery? Send them a gift card from the Cafe and let us cook them dinner! We appreciate your business!!!



698.4664 briophotography.com

Not Available On-Line

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!

At no time will any source be allowed to use the Circle C Ranch Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Circle C Ranch Homeowners Association and Peel Inc. The information in the Circle C Ranch Newsletter is exclusively for the private use of Circle C Ranch residents only.

Texas Events - May

1—LAGO VISTA: 2006 Balcones Songbird Festival Balcones Canyonlands National Wildlife Refuge. (Began Apr. 29.) www. balconessongbirdfestival.org 512/339-9432

1-31—MASON: Mason County Wildflower Drives Map available. (Began Apr. 1.) www.masontxcoc.com 325/347-5758

1-Jun. 30—FREDERICKSBURG: Texas Wildflower Trail Call for a map. (Began Mar. 1.) www.tex-fest.com 888/997-3600, 866/839-3378 or 830/997-8515

3-27—INGRAM: International Collage Exhibition Exhibits international artists' work featuring collage. The Gallery at The Point, Hwy. 39. www.hcaf.com 830/367-5121

4-6—SAN MARCOS: Viva! Cinco de Mayo This is the official statewide Menudo Cook-Off. Includes a downtown parade, the Miss and Little Miss Cinco de Mayo pageants, folklorico dance performances, musical performances by Texas' top Tejano recording artists, arts & crafts, carnival and more. Hays County Civic Center. E-mail: webmaster@vivacincodemayo.org • www.vivacincodemayo. org 512/393-5900

4-7, 11-13—BULVERDE: *QED* Presents a moving play about Richard Feynmen that is a seductive mix of science, human affections, moral courage and comic eccentricity. S.T.A.G.E, 1300 Bulverde Road. 830/438-2339

4-21—MARBLE FALLS: *Do Not Go Gentle* Play centers on 84year-old Lillian Boedecker Barron who possesses many wonderful qualities; it just so happens that she is deceased. Lillian realizes she will not be able to move until she mends the rifts within her family. Community Theatre. 830/798-8944

5-6—AUSTIN: Mid-Tex Jamboree The Square and Round Dance Association. 512/926-4370

5-6—DEVINE: Relay for Life Devine Warhorse Stadium. 830/426-3037

5-6—KERRVILLE: Kerr County Relay for Life Begins at 6 p.m. Friday and ends at 6 a.m. Saturday. Tivy Antler Stadium. 830/896-5000

5-7—AUSTIN: Cinco de Mayo Music Festival Celebrates Mexico's independence from France with live music, food, arts & crafts, and carnival rides. Fiesta Gardens. www.austincinco.com 512/867-1999

5-7—UVALDE: *Rumors* Presentation Janey Slaughter Briscoe Grand Opera House. 830/278-4184

6—HENLY: Annual Founding Fathers Day Celebration Begins at 11 a.m. Church Recreation Hall. 512/459-6398

6—MASON: Mason County Fire Department Annual BBQ Fund-Raiser Fort Mason City Park Community Building. 325/347-6440 6—NEW BRAUNFELS: Lone Star Bluegrass Band This awardwinning band performs traditional and contemporary bluegrass music. Begins at 7:30 p.m. Brauntex Performing Arts Theatre, 290 W. San Antonio St. www.brauntex.org 830/627-0808

6—UVALDE: Annual Ranch Rodeo & Horse Race Presented by the Southwest Texas Ranch Heritage Association. City of Uvalde Fairgrounds. 830/278-4115

6-WIMBERLEY: Market Day Lion's Field, R.R. 2325. www.

visitwimberley.com/marketdays 512/847-2201

6-7—AUSTIN: Old Pecan Street Spring Arts Festival Musicians, food vendors, artists and craftspeople turn Sixth Street, originally named Pecan Street, into a lively fair. www.roadstarproductions. com 512/441-9015

6-7—MARBLE FALLS: Howdy-Roo CASI Chili Cook-Off 830/693-5502

6-7—SAN MARCOS: Heritage Home Tours Private homes are opened to allow the public a glimpse into San Marcos' elegant past. Tours are conducted by Heritage Association docents, many of them in costume and all are knowledgeable about the history of the area. San Marcos Historic District. www.sanmarcoscharms.com 888/200-5620

6-7, 20-21—PFLUGERVILLE: "Another Man's Treasure" Flea Market Offers a variety of collectibles, vintage items, furniture, antiques and uncommon objects. Hours are 9 a.m. to 5 p.m. U-Haul Facility, 1617 Three Points Road & Vision. 512/636-2466

6, 13, 20, 27—BANDERA: Cowboys on Main Enjoy authentic cowboy entertainment from strolling musicians to chuck wagons and trick horses. Activities vary weekly. Downtown Main Street. www. banderacowboycapital.com 800/364-3833

7—FREDERICKSBURG: Maifest (German Chorale Concert) Arior Mannerchor and Hermann Sons Mixed Choir present a concert of German choral music at 7 p.m. St. Joseph Halle, 212 W. San Antonio St. 830/997-3936

12—KYLE: Movie in the Park www.cityofkyle.com/parks 512/268-5341

12-13—AUSTIN: Golden Dragon Acrobats Nearly two dozen acrobats' spellbinding feats are highlighted in this performance of ancient and contemporary theatrical techniques. The Paramount Theatre. www.austintheatre.org 866/443-8849

12-13—FREDERICKSBURG: Intertribal Pow Wow Celebrates the 160th anniversary of the founding of Fredericksburg. Includes a dance contest, Indian crafts, food and drink. Hours are 5 p.m. to midnight Friday and noon to midnight Saturday. Fort Martin Scott. www.fredericksburgintertribalpowwow.org 830/997-8925

12-13—HONDO: 41st Annual EAA SW Regional Texas Fly-In Includes exhibitors, food booths, aircraft displays and demonstrations. Hondo Airport. www.swrfi.org 210/820-8161 or 830/426-3037

12-14—AUSTIN: *Romeo & Juliet* Ballet Austin performs at UT's Bass Concert Hall. www.balletaustin.org 512/476-2163

12-14—BLANCO: Mighty Thomas Carnival Includes a rodeo, dancing, barrel racing, bull riding, cooking competition, crafters, bingo, vendors and live entertainment. Yett Park. www.blancochamber. com 830/833-1442

13—BOERNE: Cibolo Songs & Stories Features Nobuko, classic jazz piano stylings with cello and percussion. Cibolo Nature Center. www.cibolo.org 830/249-4616

13—BRADY: Duffers Scramble Golf Tournament Brady Municipal Golf Course. E-mail: chamber@bradytx.us • www.bradytx.com 325/597-3491

(Continued on page 22)

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Texas Events - (Continued from Page 21)

13-BURNET: Ol' Burnet Square Market Days Includes vendors on the square and live entertainment. Square in Burnet. E-mail: info@ burnetchamber.org • www.burnetchamber.org 512/756-6093

13—FREDERICKSBURG: Founders Day Festival Offers artisan demonstrations, blacksmithing, soap making, sheep shearing, spinning, wool dveing, flint knapping, fence making, corn grinding, quilting, live music and more. Hours are 10 a.m. to 5 p.m. Pioneer Museum. www.pioneermuseum.com 830/997-2835

13—GEORGETOWN: Market Day Features arts & crafts, antiques, collectibles and festive foods. Hours are 10 a.m. to 5 p.m. Historic Downtown Georgetown. www.downtowngeorgetownassociation. org 512/868-8675

13-KERRVILLE: Spring Variation Features Kerrville School of Dance and the Performing Art School Classical Ballet from San Antonio. Kathleen C. Cailloux Theater, 910 Main St. 830/896-6116

13—WIMBERLEY: Garden Club Tour Visit about six Wimberley area gardens, featuring xeriscape, herb, vegetable and flower gardens. www.wimberley.org 512/847-7866

13-14—BLANCO: Blanco County Barrel Racing & Bull Riding Youth play day is Friday night. Yett Park. www.blancochamber.com 830/833-4418

13-14—BOERNE: Jane Shop Antique Show Includes more than

100 dealers, food booths and live entertainment. Enchanted Springs Ranch. E-mail: carvatkinsinteriors@gvtc.com 830/230-5414 or 210/698-2507

13-14—BOERNE: Market Days Features arts & crafts, antiques, collectibles, unusual items and food booths. Main Plaza. www. mainstreetboerne.com 830/249-5530 or 210/844-8193

14-GRUENE: Gospel Brunch with a Texas Twist - A Special Treat for Mother's Day Serves up awe-inspiring gospel music with a mouth-watering buffet. Hours are 10:30 a.m. to noon. Gruene Hall. www.gruenehall.com 830/629-5077 or 830/606-1601

19-AUSTIN: Strings Attached with Slaid Cleaves Cleaves has a following as one of America's most acclaimed singer/songwriters. Shows are 7:30 and 10 p.m. St. David's Episcopal Church. www. stringsattached.org 512/775-2371

19-21—FREDERICKSBURG: Trade Days Includes more than 300 vendors, five barns, acres of antiques and more, biergarten and music. Hours are 9 a.m. to 6 p.m. Friday and Saturday and 9 a.m. to 4 p.m. Sunday. Hwy. 290 E. across from Wildseed Farms. E-mail: fbg@moment.net • www.fbgtradedays.com 830/990-4900 or 210/846-4094

20—BANDERA: RiverFest Features the "Anything that Floats but a Boat Regatta," arts & crafts, music, special children's activities, food and kayak races. Bandera City Park. www.banderariverfest.

(Continued on page 23)

Interested in Buying or Selling a Home in Circle C? Call Team Circle C Today.

Ask about our Move-Up program.

Call us for a **FREE** market analysis today!



Maria Tedder - ABR (512)-413-4343 Direct rmtedder@austin.rr.com

Dan Nowicki - ABR, GRI (512)-633-1780 Direct dnowicki@austin.rr.com



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Come in to Seattle's Best Coffee on Brodie and Slaughter and your first 16oz Cold Brewed Marble Mocha is FREE.

Expires: 6/15/2006. Limit one per customer

www.SeattlesBestAustin.com

Texas Events - *(Continued from Page 22)* com 800/364-3833

20—BLANCO: 18th Annual Blanco Classic Car Show Hours are 10:30 a.m. to 3:30 p.m. Blanco State Park. www.blancochamber. com 830/833-5348

20—BLANCO: Blanco Lion's Club Motorcycle Poker Run Hours are 8 a.m. to 5 p.m. Motorcycle games begin at 3:30 p.m. Yett Park. www.blancochamber.com 830/833-0995

20—BLANCO: Market Day www.historicblanco.org 830/833-2211

20—KERRVILLE: Celebration of Animals Includes dog walk, animal rescue organizations, miniature horses and more. Louise Hays Park, off Thompson Drive. www.humanesocietyofkerrville. org 830/367-3335

20—MASON: Habitat for Humanity Annual Spring Event Includes food, drink, live jazz quintet, silent auction and more. Hours are 6 to 9 p.m. Willow Creek Ranch. 325/347-0634

20—SAN MARCOS: Texas Natural & Western Swing Festival Relax on the banks of the San Marcos River and enjoy the sounds of Texas Western Swing legends. Enjoy food, crafts, fun and plenty of Western Swing entertainment. San Marcos Plaza. www.sanmarcoscharms. com 888/200-5620

20—UVALDE: Moonlight Golf Tournament Uvalde Memorial Golf Complex. 830/278-3361

20-21-FREDERICKSBURG: Lavender Fest Celebrates all things

lavender. Includes gardening-related products. Hours are 10 a.m. to 6 p.m. Saturday and noon to 6 p.m. Sunday. Becker Vineyards, Hwy. 290 E. on Jenschke Lane. E-mail: beckervyds@beecreek.net • www. beckervineyards.com

20-21—FREDERICKSBURG: Spring Antiques Show Hours are 9 a.m. to 5 p.m. Saturday and 10 a.m. to 4 p.m. Sunday. Gillespie County Fairgrounds, Hwy. 16 S. E-mail: lvt@hctc.net • www. texasantiqueshows.com 830/995-3670

20-21—GRUENE: Old Gruene Market Days More than 100 vendors offer uniquely crafted items, collectibles and packaged Texas foods. Hours are 10 a.m. to 5 p.m. www.gruenemarketdays. com 830/832-1721

21—GRUENE: 10th Annual KNBT Americana Music Jam Celebrates Americana music and features exceptional artists of the genre. Gruene Hall. www.gruenehall.com 830/629-5077 or 830/606-1601

21—ROUND ROCK: Summer Concert Series Enjoy free live music performed by an up-and-coming band. La Frontera Central Green, intersection of La Frontera Blvd. and Sundance Parkway. www. ci.round-rock.tx.us/parks-rec/concert_series.html 512/218-5540

24-Jul. 9—KERRVILLE: Southwest Gourd Fine Art Show Features the best gourd artists in America. Kerr Arts & Cultural Center, 228 Earl Garrett. www.kacckerrville.com 830/895-2911

25—KERRVILLE: Heroes All Memorial Day celebration commences with a fly-by of F-16 Fighting Falcon Fighter Jets, an outdoor concert (*Continued on page 24*)



Texas Events - (Continued from Page 23)

by the Air Force Band of the West, food, drinks, ice cream and fireworks. Bank of the Hills Parking Lot, 1075 Junction Highway. www.bankofthehills.com 830/895-2265

25—MASON: Country Opry Enjoy old-fashioned live entertainment. Begins at 7:30 p.m. Features the Blackland Farmer, Frankie Miller. Odeon Theater. www.hillbillyhits.com 325/597-2119

25-Jun. 10-INGRAM: Best Little Whorehouse in Texas Smith-Ritch Outdoor Theater, Hwy. 39. www.hcaf.com 830/367-5121

25-Jun. 11-KERRVILLE: Kerrville Folk Festival Features more than 100 songwriters and their bands. Includes concerts, arts & crafts, kids concerts, food and camping. Quiet Valley Ranch. www. kerrvillefolkfestival.com 830/257-3600

26-27—FREDERICKSBURG: Crawfish Festival Enjoy Cajun food and music. Hours are 6 p.m. to midnight Friday and 11 a.m. to midnight Saturday. E-mail: creative@ktc.com • www.tex-fest.com 830/997-8515

26-28-LAMPASAS: Memorial Golf Classic E-mail: lampasaschamber@thegateway.net • www.lampasaschamber.org 512/556-3202

26-28—WIMBERLEY: Joseph & the Amazing Technicolor Dream Coat Musical outdoor drama is based on the Old Testament story of Joseph and his coat of many colors. Emily Ann Theatre, CR 2325. www.emilyann.org 512/847-6969

26-29-KERRVILLE: Official Texas Arts & Crafts Fair Enjoy four



days of fine arts & crafts exhibited by the finest Texas artists. This juried show includes live music, early craft demonstrations, wine tasting, dance, great fair food and more. River Star Arts & Event Park. www.tacef.org 830/896-5711

27—BANDERA: Funtier Day Parade Features rodeo cowboys, trail ride groups, antique cars and gaily decorated floats. Main Street Bandera. E-mail: cowboy@banderatex.com • www.banderatex.com 800/364-3833

27—LEAKEY: Shrimp Boil Hours are 5 to 8 p.m. E-mail: friochamber@hctc.net • www.friocanyonchamber.com 830/232-5222

27-28—LUCKENBACH: 150th Birthday Celebrate for the eighth time. www.luckenbachtexas.com 888/311-8990

27-29—BANDERA: Cowboy Capital Rodeo Association Pro Rodeo Enjoy three evenings of action packed pro rodeo. Includes a carnival. Mansfield Park Rodeo Arena, www.banderarodeo.com 830/796-7207

31-Jun. 18—AUSTIN: Cowboy Noises Jaston Williams of Greater Tuna fame returns with a new cycle of original stories mixed with comedic madness. The State Theatre. www.austintheatre.org 866/443-8849

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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Increased Antioxidant Capacity Reverse Some Effects Of Aging

Baylor College of Medicine

HOUSTON — (April 13, 2006) – Decreasing oxidant levels by increasing the amount of an antioxidant enzyme can reverse declining memory skills and other pathological effects of old age, say researchers at Baylor College of Medicine (BCM) in Houston. The findings are reported in the current issue of Journal of Neuroscience.

"This is one of the first studies showing that a genetically engineered mouse that overexpresses an antioxidant enzyme actually performs better when they age with respect to memory," said Dr. Eric Klann, principal investigator of the study and professor of molecular physiology at BCM.

The study is one of the first to assess memory performance among aging mice genetically engineered with an abundance of an antioxidant enzyme called extracellular superoxide dismutase. As this group of mice aged, they performed better on memory tasks and demonstrated cellular improvements in the hippocampus, a part of the brain required for memory.

Conversely, the same experiments in younger mice showed that high levels of the antioxidant were detrimental to memory function.

Previous studies have concluded that oxidative stress contributes to aging and aging-related impairments in memory. Klann conjectures

that high antioxidant levels, within reason, could promote longevity and reduce the risk of dementia associated with normal aging and neurodegenerative disorders such as Alzheimer's disease.

Klann's study advances the debate over the utility of antioxidant supplements, which some claim eliminate hazardous free radicals from the body and reduce the risk of cancer, among other disorders. On the other hand, recent reports claim that excessive intake of vitamin and mineral supplements pose no benefit and can even do harm in some cases.

"The balance of oxidants is very important," said Klann. "In animal studies, it's bad to have too much or too little. That could be part of the reason for conflicting findings on antioxidant supplements in humans."

Klann says further research in mice will be necessary to approximate ideal antioxidant levels and whether antioxidant enzymes can prevent dementia and other aging-related impairments.

Daoying Hu and Dr. Faridis Serrano at BCM and Dr. Tim D. Oury at the University of Pittsburgh Medical Center also contributed to this paper. The study was funded by the National Institutes of Health and the Cynthia and George Mitchell Foundation.

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Don't Let Your Body Follow Your Bicycle Downhill

Baylor College of Medicine

HOUSTON – (April 20, 2006) – You don't have to be an athlete or athletic to participate in this year's MS 150, but nutrition researchers say it is important to prepare your body for such a strenuous event.

"Intense exercise for long periods of time can take its toll on your body if you don't prepare correctly," said Dr. Deborah Thompson, assistant professor of pediatrics at Baylor College of Medicine. "It's not only important to train your body physically, but also to make sure that you give your body the proper nutrition to sustain itself during the event."

The night before the race, you may have the pre-race jitters, but it's important to get a good night's sleep and adequate fuel and fluid for the next day.

"Limit high fat foods and excessive amounts of caffeine and alcohol," said Thompson. "The meal the night before should be high in carbohydrates and low in fat. Be sure to drink several glasses of water with your meal to help ensure your body is hydrated."

On race day, ideally, bikers should get up early enough to eat breakfast three to four hours before the start of the race. Thompson, also a nutritionist at the USDA/ARS Children's Nutrition Research Center at Baylor and Texas Children's Hospital, offers these suggestions: cereal with skim milk and fruit, low-fat yogurt with fruit, or a low-fat, low-fiber muffin and a glass of skim milk. Avoid foods high in fat, fiber and/or sugar immediately before an event.

Thompson warns bikers against experimenting with different foods and fluids the day of the event; your body may react in unexpected ways, causing gastro-intestinal distress that could limit both your performance and enjoyment of the event. Experiment during training to find foods that work best for your body.

Fluids are also important for optimal performance.

"When your body is dehydrated, even slightly, you will not perform your best," Thompson said. "It's important to consume fluids before, during and after a ride, especially long rides."

For rides exceeding 60 minutes, Thompson recommends drinking sports drinks, but for those less than 60 minutes, water is usually adequate. In situations where dehydration becomes severe, heat exhaustion or heat stroke may occur.

Once you've crossed the finish line and the race is complete, Thompson suggests drinking fluids immediately and eating as soon as your body can tolerate food, preferably within two hours.

Immediately after an event, try drinking water or a sports drink, and eating a piece of fruit, like a banana or slice of melon. Eating a high carbohydrate meal, like pasta and salad, a little later will help your body replenish its glycogen stores.

A rule of thumb to help you replace fluid losses is to weigh yourself before and after the event. For every pound lost, drink two cups of fluid. For example, if you weigh two pounds less after an event, drink four cups of fluids. Try to replace losses over the first four to six hour after the event if possible. Water, sports drinks, and/or juice are all good choices to replace fluid losses.





Did You Know



The word "telegraph" comes from the Greek words "tele," which means "afar," and "graphein," meaning "to write."

When tea is designated "orange pekoe," the name refers to the size of the leaves rather than the flavor. Orange pekoe are the largest leaves.





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Circle C Ranch Newsletter - May 2006 31

FROM THE AMERICAN COUNCIL ON EXERCISE*

Kids In Motion

By the time they reach high school, 63 percent of children are no longer physically active. Why?

If your kids fall within this group, you don't have to shake your head sadly. You can set a good example, be a role model and do the right things so your kids will, too.

Get off the couch and on a bike with your kids. Introduce them to exercise that's fun. Eat healthy. Instead of high-calorie foods and snacks, turn to fruits and low- or non-fat foods. And once you get kids moving in the direction of fitness, chances are they'll keep going for the rest of their lives.

Start 'em young

Did you know that physically active children have fewer chronic health problems than kids who are sedentary?

Children who are fit have other statistics in their favor, too. They're better able to meet the demands of daily physical activity. They do better in physical-performance tests. They have a stronger self-image and more selfconfidence, and they demonstrate greater improvement in skill- and health-related fitness.

When you consider the facts, it makes good sense to encourage physical activity when your children are young. Parents, teachers and fitness professionals all have a role to play. Each can help kids think positively about exercise and motivate them to make regular physical activity a lifetime pursuit. **Mom and dad are the best motivators** As a parent, it's up to you to play the biggest part - bigger than a teacher, more important than a fitness professional. Your child looks to you for examples on how to talk, dress, act and lead a physically active - or a non-physically active - life.



Set a good example for your kids. Instead of spending the evening in front of the television, find some activity that will keep you moving. In warm weather, bike outdoors; if it's too cold, get a stationary bike, a treadmill or a trampoline.

And it's never too late or too early to help your kids build strength and endurance. Push-ups and pull-ups are an excellent way to build upper-body strength. Jungle gyms and monkey bars are great for kids because they utilize their own body weight. And they're loads of fun.

Keep in mind that kids are not always naturally limber and that their muscles may be tight and vulnerable to injury during the growth spurts that occur during the elementary years. Be sure to include stretching as a part of your fitness activities.

Make sure that you concentrate on the positive aspects of exercise. It's a chance for a family to be together, to share good times and fun. Avoid competition, discipline and embarrassment - things that can turn good times into moments of dread. And praise your children for trying. Praise them for doing.

It's really up to you

You can't tell kids that being active is fun. You have to show them. So take your kids hiking, biking, dancing, sledding, swimming and in-line skating. Skip rope or shoot baskets with them.

Plan outings and activities that involve walking, like a trip to the zoo or the park, a nature trail hike, or even a walk through the mall. It's really up to you. If you want your kids to be healthy, happy teens and adults, it's up to you to do something about it.







Protein In Your Pantry

Pass The Peanuts, Please!

(NAPSA)-Most people are familiar with the use of peanuts in snacks, desserts and in Asian cuisine, but did you know that peanuts and peanut butter are cholesterol-free sources of protein that offer 13 vitamins and 26 minerals? Now you can enjoy them knowing that you are making smart choices. Check out the following Peanut Pointers about why you should pop more peanuts:

- 1. Peanuts' and peanut butter's combinations of fiber and mono-unsaturated fat satisfy for hours, which means fewer cravings for empty-calorie snacks.
- 2. Peanuts have no cholesterol. They are also a good source of protein, fiber and other nutrients like vitamin E.
- 3. Scientific evidence suggests that eating 1.5 ounces per day of most nuts, including peanuts, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

occurring phytochemical also found in red wine, which has been associated with reduced cardiovascular disease and reduced cancer risk.

5. Harvard School of Public Health researchers reported in 2002 that consuming one tablespoon of peanut butter or an ounce of peanuts five or more times a week is associated with a 21 percent and 27 percent reduced risk of developing type 2 diabetes, respectively.

In a nutshell, peanuts are a sweet and savory food that you can enjoy knowing they are beneficial. Keep peanuts in your pocket, purse, desk drawer, car or even under your pillow so you can always have a natural and nourishing snack handy. Peanuts are helpful in the kitchen too-add them to meals for an extra punch of protein.

Try roasting your own peanuts at home for a personal spin on flavor:

Place raw peanuts, in-shell or shelled, one layer deep in a shallow baking pan. Roast in a 350°F oven-15 to 20 minutes for shelled and 20 to 25 minutes for in-shell peanuts. Remove from heat just short of doneness desired, as peanuts continue to cook as they cool.

Eat your homemade peanuts plain, or while they are still hot, add some extra flavor. For delicately sweet peanuts, add sugar and cinnamon. Or add grated Parmesan cheese and chopped parsley. You can spice things up by adding spices such as paprika and cayenne pepper. Be creative! One big batch of roasted peanuts can be put in separate bowls with different flavors for a peanut party.

For more recipe ideas, nutrition information and other fun facts, visit the National Peanut Board at www.nationalpeanutboard.org.





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