



CIRCLE C RANCH NEWSLETTER

Volume 3, Number 8

August 2006

www.circlecranch.info

President's Letter *A Season of Pride and Promise*

With the Texas heat blazing down on all of us, it may be difficult to characterize August as a time for optimism, yet this month marks a return to school and the opening of **Clayton Elementary**. Situated on a beautiful multi-acre tract along the western end of LaCrosse, it represents a victory for our kids and those who have fought for many years to alleviate the systematic overcrowding of schools in our area. Another day many thought would never come is finally upon us – and the air of excitement is truly infectious. Administrators, faculty and staff are working long hours in preparation for a student and parent open house on Aug. 13 and the start of classes two days later.

I had the pleasure of meeting up recently with **Clayton Principal, Dr. Dru Robinett**. She's a true professional who exhibits a tremendous level of enthusiasm regarding the challenging road ahead. I have little doubt our kids are in good hands with Dru at the helm. For more on the Clayton opening, please see my interview with Dru, included inside this month's newsletter.

Major change is also in the making at **Kiker Elementary**. For the first time **Wildflower Park** students and their families can forgo the "leisurely" trek down Brodie Lane to Baranoff in favor of the quick trip over to Kiker. It doesn't impact a great number of students, but this is a common sense boundary change that helps make Circle C a more inclusive family. New students (including my 5-yr. old son) are sure to benefit from the tremendous efforts of **Principal Lori Schneider** and some of the hardest working staff and faculty in AISD. They've gone the extra mile helping with the Clayton ramp-up while at the same time dealing with a continuing series of oft-delayed renovation and expansion projects.

It is a pleasant irony that La Crosse will soon be home to two of the most respected public schools in the region. When factoring in the great job the faculty and staff are doing at **Mills Elementary**, it shows just how blessed we are to live in community with such commitment to providing the highest quality of education. This rare commitment offers the foundation upon which the neighborhood continues to grow and prosper. The promise of a supportive future for our children is what inspired many of us to move here. It's a promise that can serve as a very positive and unifying force in a community as large and diverse as Circle C.

With another school year upon us, we'll soon be dealing with the congested pedestrian and automobile access surrounding Kiker during the morning drop off and afternoon pick up periods. As most know, the streets intersecting at Kiker recently received a new gravel coat – erasing the **bike lanes** many enjoyed during the off hours and on weekends. After recent discussions with the City of Austin, it appears we are likely to permanently lose the bike lanes on **LaCrosse from Escarpment to Dahlgreen**. The city has adopted a firm policy prohibiting re-striping of existing bike lanes unless parking is forbidden at all times along the entire route. We've basically been told that if we insist on the original lanes being re-striping, we'll lose all parking in front of Kiker. Obviously, that will never be a viable option.

We should also expect additional bike lane changes. Traffic lanes on **Escarpment between Slaughter and LaCrosse** could be re-striping to allow parking along the western curb only. The bike lane

(Continued on Page 2)



Ready, Set, Go! Circle C Residents kick off the Annual 4th of July Parade

CCHOA Numbers

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 Financial Office..... 451-9901
 Newsletter Publisher
 Peel, Inc. Sales Office.....512-989-8905
 Adv./Kelly Peel ..advertising@PEELinc.com, 512-989-8905

Circle C Amenities

Circle C Café.....288-6058
 Circle C Swim Center288-6057
 Circle C Tennis Club.....Circle_CTennis@msn.com, 301-8685
 Golf Course at Circle C Ranch288-4297

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 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

President's Letter - (Continued from Page 1)

would continue in both directions, but likely with some substantial alterations. Bike lanes along Escarpment throughout the main body of Circle C (La Crosse to 45 South) will be re-stripped, although we should expect to see parking completely prohibited in each direction.

I'll conclude with a mixed bag of association news. First of all, I regret to announce that **Matt Cano** has sold his home and resigned from the CCHOA Board of Directors. Matt gave countless hours to the neighborhood during his brief tenure. His level head, legal expertise and wry wit were valuable assets to the neighborhood and will be greatly missed. The good news is **Michelle Moran**, who many may know as director of the Child Development Center, has been appointed by the board to complete the remaining 21 months of Matt's term. A mother of three and an eight year Circle C resident, Michelle has a long history of giving back to the community through her substantial involvement with the Special Events Committee and the Amenities Planning Committee. Please join me in thanking Michelle for stepping up to the plate and joining the team!

Best Regards,
Ed Scruggs – CCHOA President

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CCHOA Announcements

CCHOA General Announcements

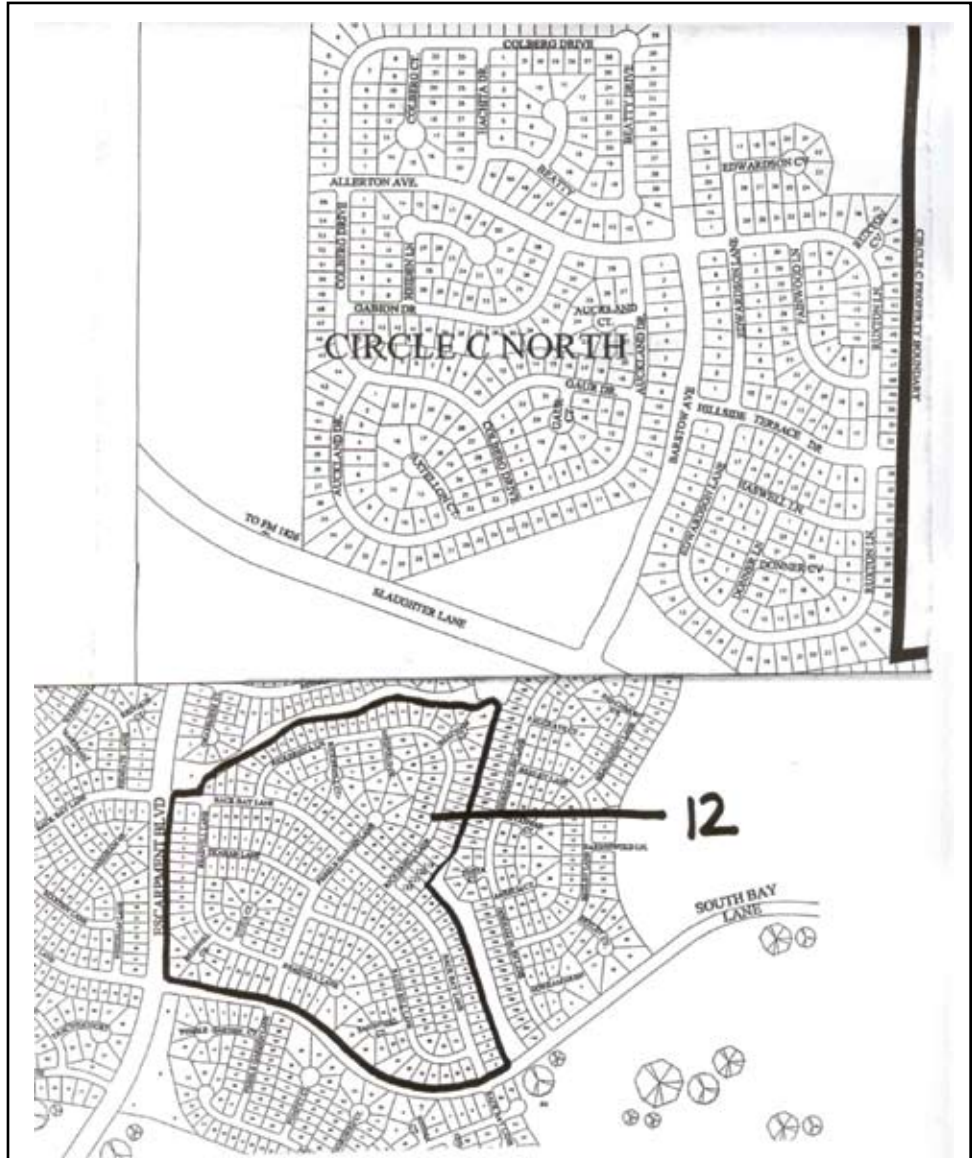
Submitted by Denise Nordstrom

Deed Restriction Review

In August we will be driving sections (1) one and (12) twelve (please see map). We are looking for inconsistent turf, consistent weeds over 6", dead or dying turf or vegetation, lack of maintenance on the exterior of your home, unauthorized vehicles such as boats, trailers and RV's just to name a few. We are required by Texas State Law to notify owners in writing via certified mail of a deed restriction violation. We also send correspondence via regular mail to ensure that you receive. If you receive a notice and have questions, please contact the HOA office at 288-8663 or via email at info@circlecranch.info to discuss. You can also view the deed restriction policy on the website at: <http://www.circlecranch.info/documents/AssociationDocuments/DeedRestrictions/CCHOA-DeedRestrictionPolicy2003.pdf>

Deed Restrictions 2006

Letter Sent	June	YTD
1 st Letter	27	203
2 nd Letter	22	48
3 rd Letter	1	4
Totals	50	255
Total Cured		75



Newsletter Content

If you have a news/informational article for the newsletter, please submit by the 12th of the preceding month.



BFI Summer Schedule

During the summer months when school is not in session, BFI will begin their collection at 7:00am in order to maximize the cooler part of the day. Please be sure to have your cart out the night before or by 7:00am on your regularly scheduled pick up day.

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CCHOA Announcements *Continued*

4th of July Parade

Thank you to our Special Events Committee, especially Melinda & Bob McKenna and Michelle Moran for organizing a wonderful event!

ACC Update

All improvements and additions must be submitted to the Architectural Control Committee. When in doubt, ask! You can view the full rules and submission guidelines on the website at: <http://www.circlecranch.info/Landscape.asp>

Reminder: If you need access from a major road or boulevard for a backyard project, you must get approval from the CCHOA and possibly the City of Austin in advance. These areas operate similarly to private property in that you need permission from the owners in advance of any access. Also, landscaping and other items located in these areas are regulated or owned by the CCHOA or the City of Austin. Please do not attempt to perform any maintenance in these areas. There are strict insurance and other requirements and you could put yourself or others at risk. Thank you for your help.

Movie Night at the Pool

Bob & Melinda McKenna will sponsor another movie night at the Circle C Swim Center on Friday, Aug 18th at dark. The feature presentation will be: Dreamer (rated PG). Admission is free! Bring your lawn chairs and blankets and

help do your part by picking up all trash after the event. The basketball courts and pool are CLOSED during the movie so please be sure to let your kids know.



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CCHOA Announcements *Continued*

Adopt a Bulletin Bar

The CCHOA is starting a pilot program to "Adopt a Bulletin Bar" to provide information to the Circle C community at several mail centers. More information will be forthcoming on the website and general forum. Interested participants should send name, email address and which mail center they want to adopt (along with general questions) to caroline@mcenteegroup.com.

Committee Opportunities

The Association relies heavily on the participation of residents to work on issues affecting Circle C and currently is looking for volunteers for the following active committees:

- Pool Committee
- Safety Committee
- Special Events Committee
- Education Committee
- Amenities Committee

If you are interesting in serving on a committee please send us an email at info@circlecranch.info.

Circle C Website – Business Referral

We are accepting information from Circle C owned business/services to be posted on the Circle C Ranch website (i.e. accounting, catering, landscape, photography, etc.). If you would like to include your information, please submit your name, address, name of business and 1-2 sentences describing your business/service and contact information to info@circlecranch.info. We will begin posting on the website in August.

Community Blood Drive

The Blood & Tissue Center of Austin will host a community blood drive on August 19, 2006 from 9am to 12pm. To sign up on line visit, www.lonestardonor.com 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 <http://www.bloodandtissue.org/>



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CCHOA Announcements *Continued*

Clayton Principal Up for Challenge

Submitted by Ed Scruggs

Opening a new elementary school may be the definition of “controlled chaos”. With only days to go before the unveiling of Circle C’s latest crown jewel, teachers and staff are feverishly piecing together the final touches. Right now it’s a sea of computer cable, desks, library books and school supplies jockeying for position – and Doctor Dru Robinett is the one tasked with navigating it all.

“I don’t consider this a challenge as much as I do an opportunity,” said Robinett, a woman who is drawing upon her doctorate from the University of Texas and 16 years of experience as an educator and administrator in the Houston, Round Rock and Austin school districts. “We have the good fortune of being part of something very special. We are creating history. It can be whatever we want it to be...but we are also asking ourselves, ‘How do we want this to look from the eyes of child?’”

Dr. Robinett is well aware of what’s at stake. She lives in the Clayton attendance zone and two of her own children are set to take the journey along with her. She also knows that in spite of years of severe overcrowding and stressed facilities, Circle C parents and their kids have set a standard for academic excellence. “Mills and Kiker are good role models in how to collaborate with parents and the community at large. Parents have high expectations for their schools and we have high expectations for our kids. Meeting these expectations requires a good deal of time, energy, thought and commitment.”

In such a close knit community, some may look at Clayton and see the makings of a rivalry and competition for volunteer time and resources, but Robinett says just the opposite has occurred. Teachers and parents from both Kiker and Mills gave countless hours helping with Clayton’s staffing process and the formation of a Community Advisory Council. Others are pitching in to help coordinate an upcoming community open house and the formation of a strong PTA. The schools are also forming a unique partnership that will result in a pooling of resources and talent. Teachers will collaborate in their training and strategic planning; equipment will be shared and joint field trips are in the works.



*Clayton Elementary Principal,
Dr. Dru Robinett*

“It’s a huge investment,” she said. “There’s no way Clayton could have gotten off the ground without so many giving their time and energy.”

Energy is going to be a valuable commodity, as Clayton is set to hit the ground running. AISD projects 529 students to be on hand for the first day of class, but Robinett expects the actual number to jump as high as 600. Current plans call for the school to start with six kindergarten, five first grade and four second grade classrooms filled close to capacity. Three classes of fourth graders and two groups of fifth graders are also expected.

A **Community Open House**, slated from **2-4 pm Sunday, Aug. 13** is an opportunity for Clayton students and their parents to preview the new facilities and gain critical information aimed at making the first day of school more enjoyable. Plans for picking up and dropping off students will be addressed, but this is something sure to evolve over time. Robinett is urging patience while the school finds it’s footing during in these early days.

Clayton is certainly an impressive facility. Surrounded by 14 acres of natural open space, it features 40 traditional classrooms as well as top flight computer and science labs. Community volunteers are using grant money to establish an outdoor science lab to study the ecosystems of existing stock ponds and AISD is working with CCHOA on a proposed system of bike trails. Still, Robinett believes the school’s future is only as strong as the character of the people it is built to serve.

“We’ve created a special connection between our location and the natural environment, but the best thing about Clayton is going to be the kids and their families who walk in that door August 15th.”



*Clayton Elementary prepares
to open its doors this fall*

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CCHOA Announcements *Continued*

The Stars & Stripes Celebration!

Submitted by Michelle Moran

I do not know about the rest of you, but when I moved here from the East Coast, almost eight years ago, I was really hoping to find a community full of pride, excitement and a genuine “small town America” feel. You know the type, where everyone pretty much knows everyone else – all our kids play together – families cook-out on the cul-de-sac’s or drive ways - real Norman Rockwell stuff. Yes, it’s corny but hey, what can I say?

After attending the “Stars and Stripes Celebration” (which was sponsored by our very own HOA and Austin Real Estate Partners) at the Circle C Golf Course on July 1st, I can honestly say that my dream of that neighborhood has come true. The entire afternoon and evening was a blast (literally)! All of our neighbors were ready to celebrate and enjoy the 4th (even if it was 3 days early).

Our very own neighbor, CCHOA BOD member and lead singer of “Duck Soup”, Sam Irwin, entertained the spill-over crowd of almost 2,500 for several hours before the fireworks and they were awesome! The kids all danced and played while the adults chatted and sang along. Then as the sun began to set, everyone headed to their spots to watch the big fireworks show!

Most people were lying down on the 18th Fairway, looking straight up, “oooohing” and “aaaahing” after each explosion. It was so cool to see so many people that live close to each other enjoying the show!

After the display, some people headed to the free shuttle buses that were going back and forth to the pool, or they made their way out of the over-flow parking lot with the help of Golf Course Staff. The rest of us stayed behind, dancing and singing for another hour of rocking cool tunes by “Duck Soup”!

Denise Fisher (Director of Marketing / Sales for the Golf Club at Circle C) told me they estimate over 2,500 people attended this year, doubling the attendance last year! She apologized for Poke-Jo’s food faux-pas and suggested that next year the Golf Club will consider inviting more restaurants that will set-up food lines all around the display area! Given that – I’m confident next year will be and even



Circle C Residents relax on the greens of the Golf Club at Circle C before the fireworks show begins

bigger and better show for everyone!

So, if you didn’t make it out this year – you missed a great party and an even better fireworks show! As for me, all I can say is “what a great night and what an amazing community we live in”!!

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CCHOA Announcements *Continued*

Circle C's Annual Fourth of July Parade

Submitted by Michelle Moran

Our Neighborhood Fourth of July Parade was a huge success this year! The weather was a little shaky early but thankfully, the rain stayed away! The Parade start was moved to 9:00 a.m. this year to avoid the heat – still almost 300 families came out early to celebrate our Independence, show their community spirit, and national pride with Red, White, and Blue clothes, bikes, strollers and wagons!

The neighborhood children had a “blast” following in parade formation behind our Circle C Fire Truck #43 and the Circle C Golf Course’s “souped-up” golf cart! After the parade, everyone filed back into the parking lot between the CDC and the pool and enjoyed frozen ice-pops and visiting with



Kids anxiously await a view of Star Flight at the Annual 4th of July Parade

our fire fighters – our local guests of honor! Austin / Travis County Star Flight made an impressive 3D entrance just as the event was wrapping up to the delight of the remaining crowd as well! All the kids got to climb through the helicopter and ask questions. It truly was an exciting morning! Thanks to our fire fighters and the Star Flight team – they deserve a huge pat on the back what they do each day and for coming out to our parade – thanks guys, you are really AWESOME!

Winners of our Parade Decoration Contest (most original and most patriotic) were announced immediately following the parade. Congratulations to the following participants – although everyone who came out was a “winner” (names in no special order): Canella Arevalo, Isabelle Blaha, Sophia Blaha, Rachal Maaz, Julianna Nogay, McKinley Stearns, David Stout, Tegan Sweeney, Claire Voiss, Sam Winick.

Also, we recognize the support and help from Jaime Arevalo (Circle C Café) for opening up extra early and serving his awesome breakfast tacos and coffee, Cindy Groves and Julie Arevalo for all of their assistance before and afterward, Melinda McKenna, Bob McKenna and Terri Savage (of Austin Real Estate Partners) for all of their hard work handing out American Flags (actually made in the USA), sorting and handing out ice-pops, supplying all the equipment for the music and audio, and as always being there to help set-up and clean-up!

The special events committee works very hard to make this and every event memorable. We always are happy to see new volunteers assist with planning and implementation. If you are interested in helping, please contact the HOA office and they will get you in touch with the right people. Hope to see everyone at the next exciting Circle C Ranch Neighborhood event/party!

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 Peel, Inc. Sales Office @ 512-989-8905 or advertising@PEELinc.com.

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CCHOA Announcements *Continued*

Circle C Landscape

Submitted by Susan Hoover

As I am sitting down to write about landscaping, we are once again getting to the hottest and driest month of the year. Survival for plants, people and pets is the name of the game.

On the commons areas, we are doing very little replacement of materials due to the heat. That will start up again around September 15. We use August to clean up and detail, and keep the maintenance level going as things dry out and start to look pretty ragged. The strategy is to keep everything alive (it is probably not going to be at its prettiest) and look forward to either a surprise summer rainy period or cooler weather.

The water management plan for Circle C is working quite well. One of the critical elements of the Green Community Landscape Model is water conservation. A recent look at water usage and savings over the past few years validates the approach. Since 2003, the Association has increased the commons area by about 14%. This comes from the addition of boulevards that have been previously designated to be in the commons area when build out occurs, like Spruce Canyon and LaCrosse West. The water budget for 2003, 2004, and 2005 was \$130,000 each year. By good management practices and revised landscape planning, the Association has been under budget every year

(18% in 2003, 16% in 2004 and 6% in 2005 which was a drought year), for an average 13% water savings. Over the 3 year period, about \$41,000 in water savings has occurred despite our growing commons areas. Even though there are still a few areas to be added, the revised landscape plan uses less water and the developers doing the installations are required to use very targeted irrigation systems allowing us to maintain a lower watering schedule.

I have received some questions and requests lately about individual homeowner landscapes and what can be done to improve them, especially in the older areas of Circle C. Many of you have shrubs and plants that were installed many moons ago. At some point, you may want to consider just sending them to the great recycling bin. Shrubs that look overgrown and have thickened at the bottom and are pressing against your home may be at the end of their useful life. Also, most of the vegetation installed way back when was not all that environmentally friendly. I recently took a pretty radical approach and pulled out everything in my own front yard, except the native trees and the grass. Then, in keeping with the revised landscape model, I expanded the bed spaces dramatically, and eliminated a

(Continued on Page 13)

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CCHOA Announcements *Continued*

Circle C Landscape - (Continued from Page 12)

good portion of the front yard sod. For the new beds, replacement with high quality garden soil was a must, so that came next. Last, installation of sustainable low water plants topped off with a good layer of mulch, completed the project. I left the original St. Augustine in for now, but when it's possible, I would like to replace it with a more drought tolerant grass like Pallisades zoysia. We are enjoying the new front yard, which is now about 70% native beds and 30% turfgrass. You are welcome to drive by and take a look (6426 Aden Lane) if you would like to get some ideas for your own front yard landscaping. There are quite a few homeowners who have done the same thing, and next month I hope to have a list of more homes for you to look at. I need to get in touch with the owners and make sure they would like to be on the list. You can also find basics about the Green Community Landscape Model, along with plant lists and other helpful tips on the Circle C HOA website at www.circlecranch.info. If your yard has been installed or renovated in a way that saves water, uses sustainable and drought tolerant plants and you wouldn't mind folks driving by to take a look, please e-mail me at shoover@onr.com.

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CCHOA Clubs & Announcements

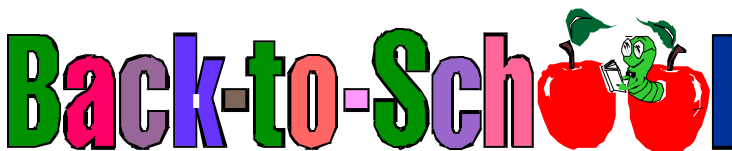


Pre-K Children WANTED!

We still have openings in our Pre-K classrooms for the fall!
This class is actually going to be housed in Kiker Elementary and will be a five day 8:00 – 2:00 program.

We are advertising in other neighborhoods also, so sign up quickly by calling: 288-9792.

Come and be part of the BEST program in town that is actually in YOUR town!



Help Yourself to a Healthier and Happier Life

Submitted by Cora Drake

Austin's Circle C resident, Cora Drake, in her 90's, is a retired chiropractor. She has written a booklet, entitled Help Yourself to a Healthier and Happier Life. She also is an accomplished artist and member of the Creative Arts Society of Austin www.creativeartsociety.org

The Creative Arts Society of Austin will present an art exhibit featuring Cora Drake's Works in oils, pastels, watercolor, ink, and mixed media.

Venue: Cypress Grill Oak Hill www.cypressgrill.net

Location: 4404 W. Wm. Cannon Drive, Austin, TX

Dates: Aug 25th-Nov 2, 2006

Reception: to be announced at later date.

Exhibit Contacts: Kathi Herrin katherrin@austin.rr.com 512.394.0465 or Greta Olivas hgolivas@yahoo.com 512.573.0821
To learn more about the Creative Arts Society of Austin, please visit our web address: www.creativeartsociety.org or call 512.288.0574.



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CCHOA Clubs & Announcements *Continued*

Adventure Racing (Or Why On Earth Would I Do That?)

Submitted by Paul Murphy

The self styled, world's toughest expedition race ® and ultimate test of human endurance, Primal Quest, finished on July 4 in MOAB, Utah. This, the fourth annual incarnation of this race, sent coed teams of 4 across a grueling 450 mile course of trekking, mountaineering, horseback riding, canyoneering, mountain biking, whitewater swimming, paddling, including day and night navigation.

As I was unable to compete this year for various reasons, I watched my team mates avidly via the web. With GPS tracking, up to the minute links and video reports, the race is extremely well organized and it needs to be. The top team (Nike Powerblast) completed the course in 7 days, the slower ones in 9. Top teams from around the world compete for a hefty purse and lesser mortals can race alongside them in one of the most spectacular races on the planet. Of the field of 90 teams, many fail to complete the course through exhaustion, injury, self doubt or just poor team dynamics.

ESPN and ABC will be showing the race in their Fall season.

Interestingly, these races do not favor the younger element, as one perhaps might expect. Nike Powerblast, who have reigned supreme over adventure racing for several years, all age over 40 and one Austin based team who competed this year averaged a youthful 50

years old with one member being not only 56 but a grandfather and GREAT grandfather to boot. They finished the race in good shape. And you are too old for this, you say?

However, thankfully not all races are quite so grueling or quite such a self inflicted painfest.

Adventure Races are primarily designed to be immensely enjoyable, and indeed they are. Races can be as short as just a couple of hours, many of them are local and they come in all shapes and sizes. And not only for the athletes, either. Look at Muddy Buddy on the web for a great, fun 2 person run and ride race- nobody comes away from that race without a huge smile and it sells out quickly every year.

At the tail end of August there is a local race of about 12- 18 hours for coed teams of 4. Disciplines will include mountain biking, trekking and kayaking plus, as is common with adventure races, 'mystery events'. These last ones include everything from whizzing along zip lines through the treetops to physical or mental challenges. Fancy taking that challenge?

(Continued on Page 16)

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CCHOA Clubs & Announcements *Continued*

Adventure Racing - (Continued from Page 15)

FAQ

Isn't adventure racing expensive?

It can be, but it doesn't have to be. Gear requirements are minimal, if you have access to a mountain bike, a bike helmet and some running shoes- you are there!

How do I do this, or learn more about it?

Email me, paul19may@austin.rr.com and perhaps even come out to a training session, no skill or ego required.

What do I do next?

To use Nike's phrase, 'Just Do It!'

Do you have a Home Based Business right here in Circle C Ranch?

You can get information about your service or products to every home in Circle C Ranch, by running a business classified in the **Circle C Ranch Newsletter**. It is a great way to get your name and contact information to many potential customers in your growing neighborhood. The cost is \$45 for up to 40 words. Display ads are also available. For more information, please contact Peel, Inc. Sales Office, 512-989-8905; advertising@PEELinc.com. The deadline is the 10th of each month for the upcoming month's newsletter.

Pink Hat Society

Submitted by Deidre Brightman



Hi: My name is Deidre Brightman and I'm interested in forming a Pink Hat Society, for lack of a better term. We live in Vintage Place and are new to Austin. I'd love to meet women Boomers who are empty nesters, retired or semi-retired to get together for whatever activities peak our various interests. I'd love to go tubing down the Guadalupe, spend a day in San Antonio exploring the River Walk area, take a picnic to Enchanted Rock, discuss books, play bridge, or go to First Thursday downtown to see what it's all about. And I'd love to share these and other activities with new girlfriends.

I'd be pleased to play hostess at our first meeting. If anyone is interested please call me at 750-3948 or email dkbright@austin.rr.com. Hope to hear from many residents who, even though turning 60 plus this year, still feel like a kid. Thank you.



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CCHOA Clubs & Announcements *Continued*

Circle C Ranch Cycling Club Ccrcc- Inaugural Ride (Or 4 Go Wild In The Austin Hills)

Submitted by Paul Murphy

The inaugural ride of the Circle C Ranch Cycling Club (CCRCC) was held on Saturday July 8th. To mark this auspicious event, 4 residents undertook a 72 mile loop on clear, rolling roads through some of the best scenery the local hills have to offer. Seemingly the route was always uphill! The 6:15 AM start was clearly not to everyone's liking, but our reward for starting so early was to enjoy roads that were almost empty and therefore safe. The ride was ably led by Jill and under near perfect weather she set a pace just right for the distance, the experience level and for conversation amongst the pleasant company.

It is early days for CCRC and the response has been enthusiastic from riders of all abilities and riding a variety of bikes. CCRCC uses a Yahoo Group <http://sports.groups.yahoo.com/group/CCRCC/> to communicate as it is free, quick and easy. Weekend and mid week rides will be available to experienced and less experienced riders alike, fitting to their abilities and wants- just let us know what you need.

We have a great facility nearby to us and a wealth of talent in our neighborhood from which, through CCRCC membership, we all can benefit.

Come on, join us.

The next social/ planning meeting event is scheduled for Wednesday September 27 (no August meeting) at 6:30 PM at the Swimming Pool on the right, near the baby pool area. Date and venue details may change, so join the Yahoo group to receive them.

To find out more join the Yahoo Group or email Paul at paul19may@hotmail.com

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Park West Association News (*This news pertains ONLY to Park West residents)

Submitted by Kathy Jdrzejewicz

Park West HOA's Board of Directors is pleased to announce the appointment of Charlie Rodenberg as a member of the Board, effective July 3, 2006 for a term that expires at the February 2007 Park West HOA Annual Meeting. At that time the HOA membership will vote to fill two positions on the Board of Directors. Charlie has been valuable during his service on the Landscape Committee and as Acting Chairman of the Roads & Gates Committee during the extended absence of that committee's chairman, and we welcome him in his new role.

We've been fortunate to have some rain recently, however please continue to carefully monitor your lawns to ensure they are getting enough water. Too little rain and too little watering caused chinch bug damage in June. Adequate resident watering discourages chinch bugs. Please take a look at the pamphlet that is posted at the mail centers for information on proper watering techniques. The pamphlet, provided by Real Green Pest Control & Lawn Care, is available along with additional helpful information at www.realgreenlawns.com. We'd like to remind you please to continue to email your front yard comments and concerns to parkwestlandscape@yahoo.com.

Save this date for the Park West Fall Pot Luck BBQ: Sunday, September 17th at 4:30 PM! Plan to bring beverages and meat (or other entrée) to grill for your family, and a dish to share pot-luck style. BBQ grills will be available; paper products will be provided

by the HOA. Check the bulletin boards for additional details. PW board members met with Pedernales Electric and Circle C Ranch officials to discuss routing of a new backup underground power line from Park West Pass, east along La Crosse and north along Escarpment. The work will be done near the property walls on the 'outside' (on Circle C property). Pedernales estimates 2-4 days of laying cable, possibly through limestone. The new line replaces an original underground line that traveled under Tasajillo Trail.

Do you need a remote gate opener for your automobile? Auto sunvisor remotes are available for \$20 each. Call Charlie Rodenberg at 301-7792. Be sure and leave a message; and please, no calls after 7:00 PM.

Some residents have voiced concern about the noise level in Park West, particularly from loud motor vehicles at night. Please be considerate of your neighbors as you drive through the neighborhood at night.

We are safer now that our house numbers are clearly marked on the curbs, and mail center parking areas are clearly marked. The Roads & Gates Committee is to be commended for their work to have this done for us at a cost of only \$7.54 per house.

Resident question of the month: "What is lot 103?" It is a 4.1 acre PW HOA-owned tract which lies behind residents on Tasajillo Trail from 6328 to 6428 and behind residents on Tasajillo Cove from 10404 to 10428. Lot 103 is designated as part common area, a water quality area, part public utility easement, and a drainage easement. Lot 103 borders on City of Austin land including Circle C Metro Park. Our association is responsible for maintaining the area including the drainage pond.

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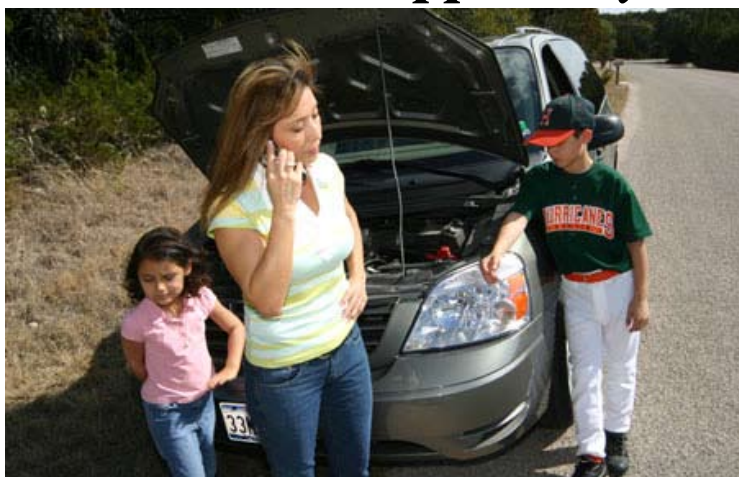
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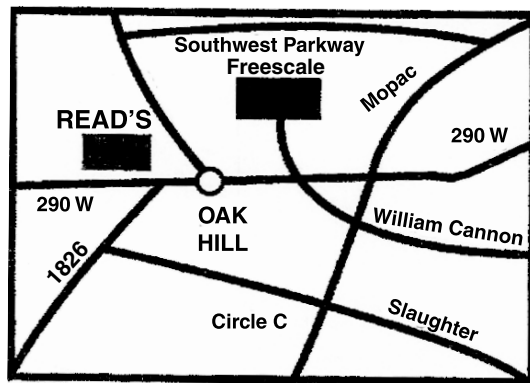


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Circle C Amenities

Circle C Tennis Club

Submitted by Fernando Velasco

End of Summer Tennis Lessons

Take advantage of the last three weeks of summer vacation by taking tennis lessons at the Circle C Tennis Club. The Fall Season schedule will begin the week of August 21. For times and schedules you may visit our website: www.circlectennis.com

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 the most affordable "Tennis Club" in the city of Austin. 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. Join by September 1, 2006 and get one free private lesson from Director of Tennis, Fernando Velasco.

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, and swim and dine 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.

Guest Pass

If you are interested in trying out the tennis facilities, please give Fernando or Kathi a call to receive a complimentary guest pass for you and your friends. To make arrangements, please call us at 301-8685. Passes will be provided based on open court availability.

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Circle C Amenities *Continued*

Circle C Cafe & Catering

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Submitted by Julie Arevalo

288-6058 Pool Cafe

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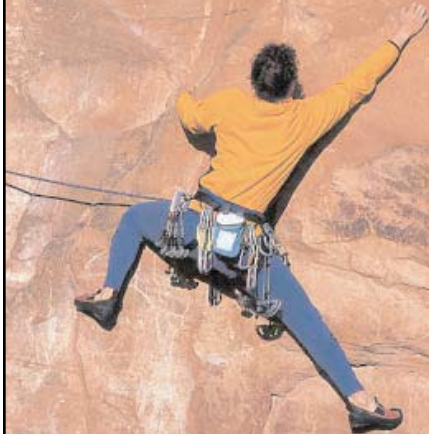
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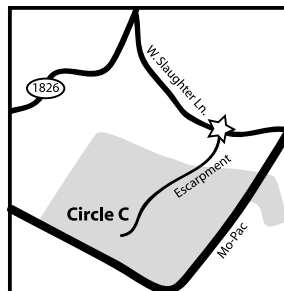


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Circle C Amenities *Continued*

The Golf Club at Circle C Ranch

Submitted by Denise Fisher

Tee Time Intervals are Now Every 10 Minutes – A good pace of play is an important element to having a great day at the golf course. In order to enhance your golf experience and provide a quality round we've converted our tee time reservations to 10 minute intervals.

Labor Day Celebration & Blues Crawlers Concert, Friday, September 1st – Mark your calendar for fun-filled family celebration and end of the summer concert! Put your dancing shoes on for a rockin' family concert featuring the Blues Crawlers on Friday night 7-10:30pm, minimal cover fee. All weekend long guest will enjoy casual fare out on the course, great deals on our summer merchandise in the shop and featured food and drink specials in Putters Grill.

Want a FREE round of Golf? – Our membership program is your chance to experience The Golf Club at Circle C in a whole new way! Inquire about our annual memberships and get a round of golf on us! Join by September 1st and we'll give you \$200 off any membership program. Memberships are available in several categories including single memberships, family memberships, range memberships and corporate memberships. Limited opportunities are available so call now to learn more about what we have to offer you, your family and your business in 2006.

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 www.thegolfclubatcirclec.com and call 288.4297 extension 2 to reserve your spot.

Now Open Mondays – The weather's just too nice so come on out as we'll be open for business on Mondays all summer long. There will be periodic closings on Mondays for maintenance, so check the website for full open schedule or call the Pro Shop at 288.4297 to book your next Monday tee time.

Golf Legend Jackson Bradley Tribute Event To Be Hosted At The Golf Club At Circle C

The Golf Club at Circle C an 18-hole daily fee public course located in Southwest Austin is set to host the Jackson Bradley Tribute on Wednesday, November 8th, 2006.

The event will include a PGA Tour Player clinic, golf tournament and live music. Tour players Tom Kite, Tom Jenkins, J.L. Lewis, Wes Short, Omar Uresti, Bob Estes, Troy Matteson, Cindy Figg Currier, Lisa DePaulo, Sam Randolph and others are scheduled to play. Proceeds from the event will benefit the Jackson Bradley Foundation.

Bradley, a Texas legend has touched the golf and personal lives of golf professionals and students for over 60 years. "This event will provide an opportunity for those individuals that have been influenced by Jackson to celebrate his contribution to the golf community in Jackson's favorite setting – on the golf course" says Buck Mayers, Director of Instruction at the Buck Mayers Golf Academy. "Jackson's legacy in golf is chronicled from the many lives he has touched in his fellow golf professionals, students and friends. Austin is fortunate to have one of the best teachers and true gentleman in our sport" adds Mayers.

"I appreciate his simplistic style of teaching and his genuine caring manner with his students. I look forward to a chance to show him what his commitment to the industry has meant to me" says Cindy Figg Currier, LPGA Tour Professional.

Sponsorships and Pro-am teams are still available. To learn more contact Buck Mayers at 512.695-2270.



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Circle C Amenities *Continued*

August Events at the Lady Bird Johnson Wildflower Center

Submitted by Saralee Tiede

Now On Display! David Rogers' BIG BUGS!

They're here! Eight enormous sculptures of our insect friends. We have ants in our plants. A giant dragonfly is visiting our pond. A 1,200-pound praying mantis is hunting in the garden! This wonderful exhibit is the perfect kid activity, and it is on display through November 4. Catch the educational and fun bug-themed activities. Your kids take home a BIG BUGS for Little People activity book.

Family Workshop: Backyard Bugs!

Saturday, August 5, 8:30 a.m. to Noon, Children 4 to 6

From beetles, bees and butterflies to roly-poly bugs, spiders and other wriggling critters, Backyard Bugs will open little eyes to the world of the gorgeous, amazing creatures that live all around us.

Family Workshop: Aquatic Insects: How Clean is Your Stream?

Saturday, August 12, 8:30 a.m. to Noon, Children 7 to 10

What wonders lie beneath the waters of ponds and streams of

Central Texas? Join Aquatic Biologist Adam Cohen as we explore the amazing world of aquatic insects! They tell us a lot about the health of our waterways.

Family Workshop: Insect Predators, AKA Ninja Assassins

Saturday, August 26, 8:30 a.m. to Noon, Children 9 to 12

Have you ever watched an assassin beetle ambush its prey? From spiders to dragonflies, scorpions to ground beetles, insect predators are all around us. Even the colorful ladybug is a ferocious predator if you're an aphid. Take home craft and snack time is included.

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"Best Cajun Creole" & "Top 35 Favorite Restaurants" in the Austin Chronicle Readers Poll, 2006

...this has been a great experience. We look forward to making Cypress Grill "our Place" for a long time. - Gay Phillips

The "neighborhood" restaurant feel. Comfy - No pretensions. That's very cool! - Pat Roeling.

The food was incredible! You don't have to go to Louisiana to enjoy excellent Cajun food. It's right here in Austin. The service is excellent, too...we will be back. - Mary Ann Minto. I think you are South Austin's best kept secret...The Blackened Chicken Salad is truly the best salad I have ever had. - JoAnn Kugle



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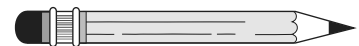
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Texas Events - August

1—BOERNE: Abendkonzerte Enjoy a summer evening concert with The Boerne Village Band. Main Plaza. 830/249-9511

1, 4, 8, 11, 15, 18, 22, 25, 29—BANDERA: Open Rodeo Begins at 8 p.m. Includes a calf scramble for kids. Twin Elm Guest Ranch. www.twinelmranch.com

1-12—WIMBERLEY: Shakespeare Under the Stars Two Shakespearean plays run consecutively. EmilyAnn Theatre. (Began Jul. 31.) www.emilyann.org 512/847-6969

1-15—CONCAN: Hayride & Cowboy Sunset Serenade Enjoy a hayride to a scenic overlook in the park and entertainment by the Cowboy Sunset Serenade. This program takes a historic look at the origins of the American cowboy through songs and poetry. Begins at 7 p.m. Reservation only. Garner State Park. 830/232-5999 or 830/232-6132

2-27—KERRVILLE: Hometown Crafts Teachers' Art Show — Kerr Arts & Cultural Center Features art of Hill Country teachers. 228 Earl Garrett. www.kackkerrville.com 830/895-2911

3, 10, 17, 24, 31—KEMAH: Rock the Dock Concert Series Kemah Boardwalk. www.kemahboardwalk.com 281/334-9880

3-19—INGRAM: Harvey — Hill Country Arts Foundation Tells the story of Elwood P. Dowd and his invisible rabbit. Smith-Ritch Outdoor Theater, Hwy. 39. www.hcaf.com 830/367-5121

4—AUSTIN: Jesse Cook This Canadian virtuoso guitarist delivers an exhilarating show. His exotic rumba flamenco mixes with percussion and

world influences from Spain, Africa, Cuba, Egypt, France and Brazil. One World Theatre. 512/329-6753

5—D'HANIS: Holy Cross Catholic Church Annual Celebration Includes homecoming, games and food. 830/363-3158

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

5-6, 19-20—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

5, 12, 19, 26—BANDERA: Cowboys on Main Features cowboys on horseback, strolling musicians, storytellers and more from 1 to 4 p.m. Bandera's Main Street. www.frontiertimesmuseum.com 830/796-3864

5, 12, 19, 26—PIPE CREEK: Open Rodeo Begins at 8 p.m. Includes calf scramble for kids. Lightning Ranch. www.lightningranch.com 830/535-4096

6—HONDO: Rick Taylor Golf Tournament Hondo Municipal Golf Course. www.cityofhondo.com 830/426-2475

6-13—MOUNTAIN HOME: Hill Country Cowboy Camp Meeting This is an annual meeting of interdenominational faiths. Includes

(Continued on page 27)

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Central Austin	102.0%	8	
Southwest Austin	100.0%	0	
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Texas Events - (Continued from Page 26)

music, Bible study, pot luck suppers and more. Hwy. 27, 8 miles west of Ingram. 830/866-3775

9—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

10, 17, 20, 24, 31—BURNET: Devil's Waterhole Canoe Tour Take a guided canoe tour and see many of the unique geological and natural features of the Hill Country and the park. Participants are expected to have basic canoe skills or attend a canoe skills clinic prior to taking part in the program. Canoes, paddles and life jackets are provided. Reservations required. Inks Lake State Park. 512/793-2223

10-20—KERRVILLE: *One Flew over the Cuckoo's Nest* — Playhouse 2000 Based on a novel by Ken Kesey. Kathleen C. Cailloux Theater, 910 Main St. www.caillouxtheater.com 830/896-9393

11—AUSTIN: Rippingtons Featuring Russ Freeman With some of the greatest instrumental melodies ever written, this band is one of the most influential groups in smooth jazz. One World Theatre, 7701 Bee Caves Road. www.oneworldtheatre.org 512/329-6753

11-12—SONORA: Sutton County Days & Outlaw Pro Rodeo Includes arts & crafts, food, children's ride, parade and rodeo. Sutton County Park and Rodeo Arena. www.sonoratx-chamber.com 325/387-2880

11-13—AUSTIN: LoneStar Invitational This country-Western dance competition includes dancers from novice to professional. Includes dance workshops all weekend. Capitol Marriott. www.lonestarcountrydance.com 512/585-9409

12—AUSTIN: A Night of Rodrigo Concertos Come to an enchanting evening beginning with Joaquin Rodrigo's Fantasy for a Gentleman and ending with Concierto de Aranjuez performed by Austin's Orchestra of St. David's under the direction of David Stevens with award-winning guest soloist Andrew Zohn. Northwest Hills United Methodist Church. www.austinclassicalguitar.org 512/300-ACGS

12—BURNET: Bluegrass in the Park Wayne Brooks and the Piney Grove Ramblers play toe-tapping, finger-snapping bluegrass music from 7:30 to 8:30 p.m. Inks Lake State Park. 512/793-2223

12—CASTROVILLE: Market Trail Day Features craft, food and plant booths. Houston Square on Angelo Street. 830/741-2313

12—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

12—KERRVILLE: Second Saturday Art Trail Features art galleries in Kerrville and Ingram. Includes special exhibits and receptions. www.artinthehills.com 830/895-5184

12—LAMPASAS: Indian Artifact Show E-mail: lampasaschamber@thegateway.net • www.lampasaschamber.org 512/556-5172

12-13—BOERNE: Market Days Shop arts & crafts, antiques, collectibles, unusual items and food booths. Main Plaza. www.mainstreetboerne.com 830/249-5530 or 210/844-8193

12, 19, 26—BURNET: Go Fishing with a Ranger After a brief safety and basic skills instruction, families go fishing with a park ranger. A

(Continued on page 24)

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CIRCLE C RANCH

Texas Events - (Continued from Page 23)

limited amount of fishing equipment is provided, or you can bring your own. Begins at 6 p.m. Inks Lake State Park. 512/793-2223

12, 26—BRACKETTVILLE: Bat Flights at Stuart Bat Cave Watch an estimated 500,000 bats emerge from Stuart Bat Cave in the evening. A program is held regarding bats, the environment and resources of the park. Tours subject to cancellation. Reservations required. Kickapoo Cavern State Park. 830/563-2342

13—AUSTIN: ODC/Dance This is one of America's most innovative dance companies, fusing ballet and modern techniques into a dynamic movement vocabulary. One World Theatre. 512/329-6753

13—KERRVILLE: Second Sunday Summer Serenade The Sentimental Journey Orchestra performs at this free concert. Louise Hays Park. www.bankofthehills.com 830/895-2265

15-Nov. 15—AUSTIN: *Big Bugs* This famous collection of larger-than-life garden creatures first visited the Center in 1997. The sculptures set the stage as visitors learn the roles of these intriguing "little" creatures through fun family learning activities, special events, guided tours and gardening classes. Lady Bird Johnson Wildflower Center. www.wildflower.org 512/292-4200

17-19—JOHNSON CITY: Blanco County Fair & Rodeo Includes youth rodeo, junior lamb show, queen contest, rodeo, rodeo dance, big street parade, junior steer show, washer pitching contest and more. www.lbjcountry.com 830/868-7053

18—AUSTIN: Paula Poundstone One World Theatre. 512/329-6753

18-19—TAYLOR: International BBQ Cook-Off Includes barbecue

cook-off, arts & crafts show, carnival, live music and Walter Gonzales Memorial Horseshoe Tournament. Murphy Park. www.taylorjaycees.org 512/365-1184 or 512/365-2677

18-20—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 830/990-4900 or 210/846-4094

18-20, 25-27—JOHNSON CITY: Harvest Wine Trail 830/868-2321

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

19—DOSS: Doss Community Fair Community celebrates its 150th anniversary this year. Includes bread contest, exhibits of farm produce, antique equipment, memorabilia and entertainment. Doss Community Center. 830/669-2353

19—FREDERICKSBURG: Fredericksburg Saturday Night: American Music in the Texas Hill Country Features a series of live Roots music concerts by emerging and established artists. Hours are 5 to 11 p.m. The Pioneer Museum. www.pioneermuseum.com 830/997-2835

19-20—GRUENE: Old Gruene Market Days Nearly 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

19, 26—TOW: 17th Annual Grapestomp Festival Includes tours, tastings and live music. Hours are 11 a.m. to 5 p.m. Fall Creek Vineyards. www.fcv.com 325/379-5361

22—MASON: Country Opry The featured artist is Frank Torres. Begins

(Continued on page 29)

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Texas Events - (Continued from Page 28)

at 7:30 p.m. Odeon Theater on the Mason Square. E-mail: masoncoc@hctc.net • www.masoncxcoc.com 325/347-5758

24-27—FREDERICKSBURG: Gillespie County Fair Includes agricultural and livestock exhibits, Colgate Country Music Showdown, parade, dances, entertainment, mutton busting, horseshoe and washer pitching, arts & crafts, queen contest and more. Gillespie County Fairgrounds, Hwy. 16 S. www.gillespiefair.com 830/997-2359

25—BURNET: Folk Music in the Park with Jamison Priest Folk/acoustic band performs. All three members of the group are singers and songwriters and play a variety of instruments. Begins at 7:30 p.m. Ink Lakes State Park. 512/793-2223

25-27—BLANCO: Heritage Day Includes dance, food booths, chuck wagon, blacksmith and music. Yett Park. www.blancochamber.com 830/833-5511

26—AUSTIN: Lannaya — Kids Series Explore the timeless rhythms and movements of West Africa with the Lannaya Drum and Dance Ensemble. 512/329-6753

26—ROUND ROCK: 5-K for Clay Run/walk is held in honor of Clay Madsen. Begins at 8 a.m. Clay Madsen Recreation Center. www.5Kforclay.com 512/218-3217

26-27—AUSTIN: Austin Bamboo Festival Features tours of the Taniguchi Japanese Garden, traditional dances, bamboo crafts and flute music. Zilker Botanical Gardens. www.bamboocentral.net 512/477-8672

26-27—JOHNSON CITY: Arts Encounters 2006 Series Hours are 10

a.m. to 6 p.m. Saturday and 1 to 6 p.m. Sunday. The Benini Foundation. www.artscountersatbeninis.com

26-27—STONEWALL: Grape Stomp Hours are 10 a.m. to 6 p.m. Saturday and noon to 6 p.m. Sunday. Becker Vineyards. www.beckervineyards.com 830/644-2681

27—AUSTIN: Austin Chronicle Hot Sauce Festival Amateurs and pros vie for the best hot sauce in this fun taste-off. Waterloo Park. www.austinchronicle.com 512/454-5766

27—CASTROVILLE: St. Louis Day Includes barbecue plate, brisket, homemade sausage and all the trimmings. Koenig Park. 830/931-2826

27—STONEWALL: Lyndon Johnson Remembered Family and friends of the 36th president reminisce. Includes wreath laying, musical tribute and free ranch tours. LBJ Ranch — Johnson Family Cemetery. E-mail: sherry_justus@nps.gov • www.nps.gov/lyjo 830/868-7128 ext. 244

30-Sep. 24—KERRVILLE: Photo Quest 2006 — Kerr Arts & Cultural Center This is the annual Hill Country Camera Club show and sale. 228 Earl Garrett. www.kackkerrville.com 830/895-2911

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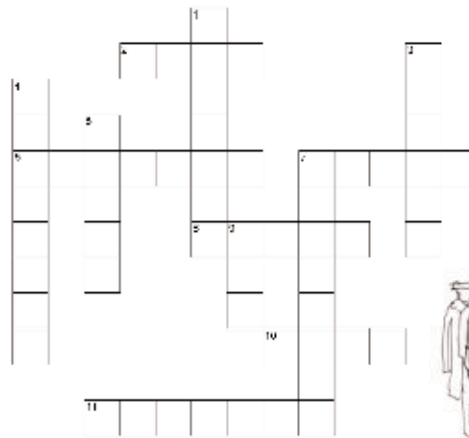
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Kidz Crossword Puzzle

Hint: 10 items you find in a closet



Across

2. Keeps you warm on cold days
6. Keeps you warm at night
7. Rhymes with skirt
8. Worn only on feet
10. Used to hold up pants
11. Only girls wear them

Down

1. Clothes hang on these
3. Not pants but...
4. Used when it rains
5. Worn to cover legs
7. Helps you run and jump
9. Worn on head

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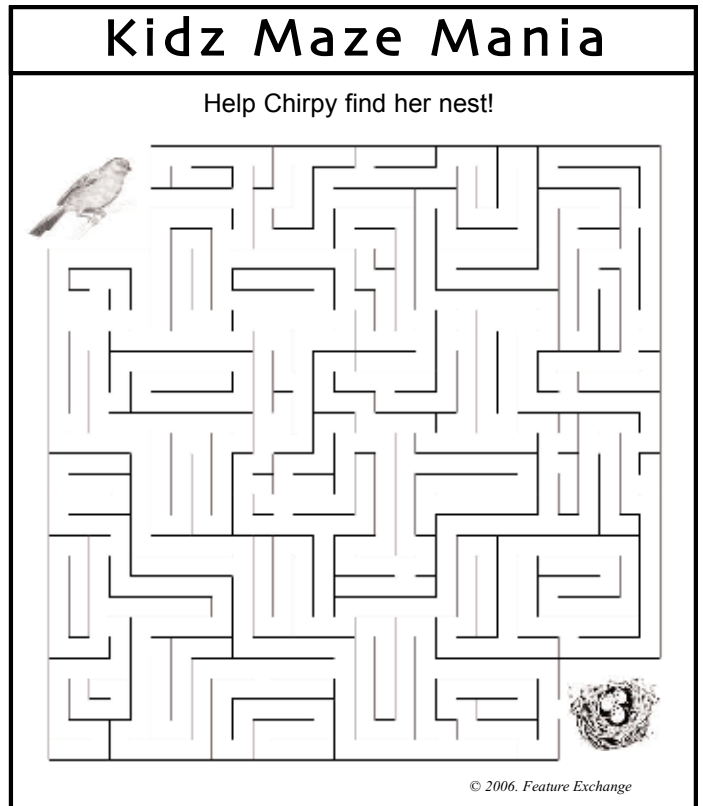
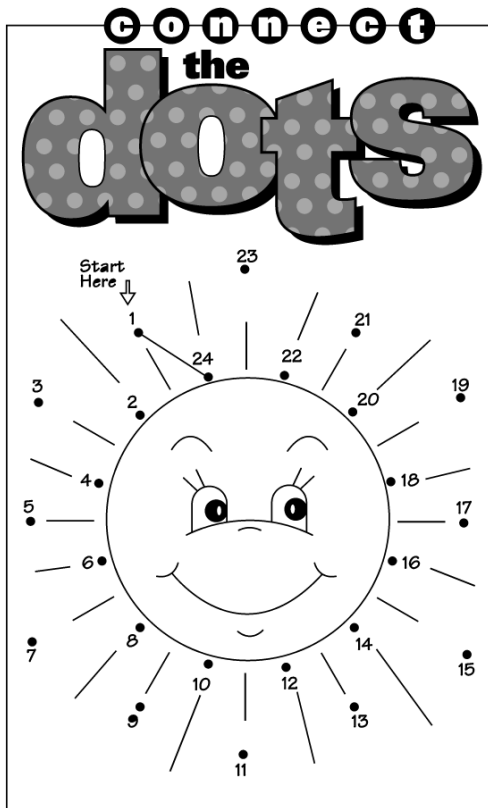
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Strategies to protect yourself from heat illness

The above scenario doesn't have to happen. Drinking enough fluid, whether it be water or a sports drink, is imperative for exercising in hot or humid weather.

Maintenance of body fluids is essential to maintaining proper body temperature. Sweat dispels heat through your skin. If you let your body become dehydrated, you'll find it much more difficult to perform even the lightest of workouts.

But don't wait until you're thirsty to start replenishing those fluids. Chances are, by the time you actually feel thirsty, your body is well on its way to becoming severely dehydrated.

The following strategies will help you protect yourself from the onset of heat illness:

1. Hydration

Fluid replenishment before, during and after exercise is essential to avoid progressive dehydration. Always consume more fluids than you think you need before and after exercise, and strive to drink six to eight ounces of fluid every 15 to 20 minutes during exercise.

2. Exercise Intensity

You should probably reduce the intensity of your workout, particularly the first few times you are exposed to higher temperatures.

Heat Stress Index		Air Temperature (F)					
Relative Humidity		70°	80°	90°	100°	110°	120°
	0%	64°	73°	83°	91°	99°	107°
	10%	65°	75°	85°	95°	105°	116°
	20%	66°	77°	87°	99°	112°	130°
	30%	67°	78°	90°	104°	123°	148°
	40%	68°	79°	93°	110°	137°	
	50%	69°	81°	96°	120°	150°	
	60%	70°	82°	100°	132°		
	70%	70°	85°	106°	144°		
	80%	71°	86°	113°			
	90%	71°	88°	122°			
	100%	72°	91°				

Heat sensation risk of heat injury

90° - 105° Possibility of heat cramps

105° - 130° Heat cramps or heat exhaustion likely. Heat stroke possible.

130°+ Heat stroke a definite risk.

3. Temperature

Use the heat stress index table to determine the risk of exercising at various combinations of temperature and humidity. While a 90° F outdoor temp is relatively safe at 10 percent humidity, the heat stress of 90° F at 50 percent humidity is the equivalent of 96° F. When the heat stress index rises above 90° F, you may want to consider postponing your exercise session until later in the day. Or, plan ahead, and beat the day's heat by working out early in the morning.

4. Fitness

Physical training and heat acclimation can increase your blood volume, helping to regulate body temperature more effectively.

Interestingly, the acclimatization process can be completed in 7 to 14 days of repeated heat exposure. However, you must always continue to drink fluids before, during and after exercise.

5. Clothing

Wear minimal clothing to provide greater skin surface area for heat dissipation. Your clothing should be lightweight, loose fitting, light colored to reflect the sun's rays, and of a material that absorbs water, such as cotton.

6. Rest

Know when to say 'no' to exercise. Using common sense is your best bet for preventing heat stress when Mother Nature turns up the heat.



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from the American Council on Exercise.*

Tomatoes-No Refrigeration Required

(NAPSA)-Did you know that one of the most popular vegetables in the United States is actually a fruit? Categorized by botanists as a fruit but eaten by consumers as a vegetable, tomatoes are appreciated for their combination of sweetness and acidity.

Any way you slice it, tomatoes are a delicious way to add nutrients to the diet. They are rich in vitamins A and C and are a good source of potassium. Tomatoes are also naturally low in sodium and contain no cholesterol.

Many people store tomatoes alongside other vegetables in their refrigerator's crisper drawer, but that's not the best place for them. Tomatoes should be stored at room temperature to maintain maximum flavor. Cool temperatures inside your refrigerator will stop the ripening process and begin to decrease the flavor and change the texture. Try storing your tomatoes in a decorative bowl on the counter.

Tomatoes and bananas help each other ripen quicker. Tomatoes and bananas emit a naturally occurring ripening gas called ethylene and when you store the two together they both ripen rapidly. If you need to ripen a tomato quickly, store it in a closed paper bag on the counter. The ethylene



gas speeds up the ripening process when confined around the fruit in a closed bag.

Although tomatoes are native to Central and South America, they are now eaten throughout the world and are an ingredient in countless recipes. Many people consider tomatoes an essential part of their vegetable gardens each summer and they are available at your local market year-round.

For more information about tomatoes online, log on to www.sunripeproduce.com. For more recipes and information on how to incorporate a variety of fruits and vegetables into your diet, visit www.5aday.org.

Pico de Gallo

Pico de Gallo is a fresh tomato salsa often served as a dip for tortilla chips but it's also terrific spooned onto grilled fish, chicken or pork.

Ingredients:

- 8 SUNRIPE Bella Roma (plum) tomatoes, chopped
- ¼ cup red onion, finely chopped
- 2 jalapenos, minced
- ½ cup cilantro, chopped
- Juice of ½ a lime
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Instructions:

Mix all ingredients together and enjoy.

Serves: 8 - 1½ cup of vegetables per serving

Nutrition Information per Serving: calories: 15, total fat: 0.2g, saturated fat: 0.03g, % of calories from fat: 8, % of calories from saturated fat: 1, protein: 1g, carbohydrate: 3g, cholesterol: 0mg, dietary fiber: 1g, sodium 149mg.

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Cool Summer Dessert

Dessert Delight

Crust: 1 Cup flour

½ Cup chopped nuts

1 stick margarine

Melt margarine and add flour and nuts. Press dough into bottom of a 9 x 12" pan. Bake at 350° for 15 minutes. Cool.

Cream cheese mixture: 1 large package cream cheese
1 cup powdered sugar

Combine cream cheese and powdered sugar. Spread over crust.

Filling: 1 large package instant vanilla pudding
1 large package instant chocolate pudding
3 cups milk
1 carton Cool Whip

Beat for 2 minutes. Stir in 1/2 carton of Cool Whip. Spread over cream cheese mixture.

Top dessert with remaining Cool Whip.

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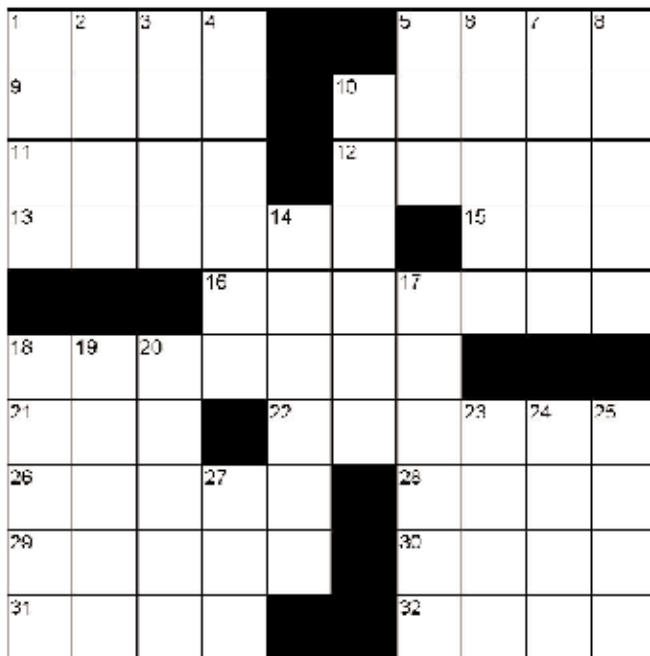
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Crossword Puzzle



ACROSS

1. Canned meat brand
5. Recommend
9. Volcanic rock
10. Strength
11. Consumer
12. Refastens
13. Mire
15. Flurry
16. Remove a light bulb
18. Easier to get at
21. Frosty
22. Pretended
26. Spring flower
28. Basic's opposite
29. Buddy
30. Sliding toy
31. Ball player ___ Aaron
32. Food

DOWN

1. Ghetto
2. El ___ (Texas city)
3. Maintain
4. Plunder
5. Vase
6. Measuring instrument
7. Point
8. Render capable
10. Public transportation vehicles
14. Short-tempered
17. Put a fold in
18. Catch a ride
19. Sporty car brand
20. Synthetic fiber
23. Ca. University
24. Abstain from certain foods
25. Chances of winning
27. Writing liquid

Solution found at www.PEELinc.com

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Sudoku

The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

		7	1					
		6			3			2
	4					8		1
		8		2				
	6	1						7
3	7			9			6	8
			3				2	
6						5		3
	1				2			6

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Sendera
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Harvest Bend, The Village
Hastings Green
High Meadow Ranch
Lakes on Eldridge
Lakes on Eldridge North

Riata Ranch
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TIPS ON TRIPS

(NAPSA)-There are two kinds of travelers in the world: those who pack light and those who wish they had. The key is to include everything you need in as little space as possible.

Some of the most travel-savvy people in the world-travel agents-offer some helpful tips and techniques for efficient packing for all types of travel:

- Make a plan and stick to it. As an architect plans a building, so must you plan the contents of your suitcase. A packing list eliminates the panic of last-second packing, serves as a handy guide for repacking at the end of the trip and can be beneficial in the unfortunate event of lost or stolen luggage.
- Check the weather forecast of the destination and plan accordingly. Also, be sure to know the local traditions. Although many places have relaxed their dress codes, a T-shirt for dinner could be a serious blunder, or bare shoulders may bar your entrance into such places as St. Peter's Basilica in Vatican City. Bare legs for men and women are strongly discouraged if not prohibited at holy sites in many religions. For

almost all outdoor activities, take pieces that can be layered.

- Lay out the items you intend to take and reexamine your list. If possible, weed out single-use items and extras.
- Travel kits are best for toiletries. Having a travel kit perpetually stocked in a waterproof case will save packing time before the trip and aggravation after arrival. Most personal toiletry items come in inexpensive travel sizes, so purchase these whenever you see them, so as not to arrive with a half-empty bottle of your favorite hair gel.
- Iron everything before packing. If it goes in crisp and clean, odds are more in its favor of coming out the same. Button all buttons and zip all zippers.
- Know when to fold 'em. Practice folding like it's done in clothing stores-that method is used for a reason. The better the fold, the fewer the creases.
- Try to think chronologically, placing the items to be worn first on the top. This will prevent rooting around the suitcase for a specific item

Pack More Stuff In Less Space



Packing efficiently is the first step to truly enjoying a relaxing vacation.

while disrupting the rest.

- Always carry travel documents, medication, jewelry, traveler's checks, keys and other valuables in your carry-on luggage. Items such as these should never be packed in checked luggage. For more packing tips, go to www.travelsense.org.

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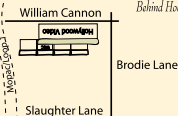
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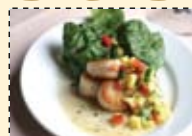
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Circle C Ranch by Neighborhood	6 Months Sold History (Jan '06-June '06)					Current Market	
	Total	Average				Total	
	Homes Sold	Square Feet	Price / Sq. Feet	Year Built	Days On Market	Available	Pending Sale
Circle C Central	52	2,859	\$ 98	1993	37	17	8
North	23	2,029	\$ 111	1996	31	3	4
Wildflower	13	2,256	\$ 114	2000	27	4	5
On The Park	8	3,695	\$ 108	1996	40	0	3
Vintage Place	11	3,171	\$ 100	2003	79	2	1
Hielscher	33	3,050	\$ 111	2003	51	11	9
West	22	3,464	\$ 117	2005	87	5	3
Park West	12	2,350	\$ 134	2001	40	8	2
Park Place	6	2,427	\$ 110	2005	186	2	2
Muirfield	2	3,375	\$ 108	2005	273	3	6
Enclave / Lacrosse	15	2,496	\$ 118	2005	63	1	1
Alta Mira	6	2,730	\$ 112	2005	42	3	1
Circle C Ranch Total	203	2,804	\$ 110	1999	55	59	45
Corresponding Neighborhood Map on AustinReps.com							
<small>Market Report data was obtained from the Austin-Multiple Listing Service (MLS) on 7/06/2006. In some cases new construction and FSBO homes are not included in the MLS data and therefore are not represented. Data is deemed accurate but not guaranteed.</small>							

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