



# CIRCLE C RANCH

## NEWSLETTER

The Official Publication of the Circle C Homeowner's Association

Volume 4, Number 4

April 2007

[www.circlecranch.info](http://www.circlecranch.info)

### Letter from the Board of Directors

Thanks to everyone who participated in the 2007 CCHOA Annual Meeting this past month. Unfortunately, the deadline for this newsletter was prior to the vote for the election, special assessment and bylaw change so we could not include, but you can find this information on our website at [www.circlecranch.info](http://www.circlecranch.info). The board will be scheduling a board retreat this month to update and improve the Board's Priority List and to bring up to speed our three new directors.

You may have noticed by now the construction of the new baby pool at the swim center complex and we ask for everyone's patience during their visit to the swim center. The baby pool is scheduled to be completed by May 2007.

Below you will find the Board's current priority list with more detailed information located within the newsletter. If you have a question for your board of directors, you can send an email to [directors@circlecranch.info](mailto:directors@circlecranch.info)

#### 2007 Board Priority List

- ☐ Amenities Transfer Agreement
- ☐ Café Contract Review
- ☐ One House/One Vote
- ☐ ACC/Deed Restriction Position
- ☐ Park Playscapes Plan
- ☐ Trash Contract
- ☐ Swim Center Capital Improvements

#### Completed Projects

- ☒ Insurance Policy/Agent Review
- ☒ Capital Project Bldg
- ☒ Annual Report
- ☒ Financial Contract Review
- ☒ Office Lease
- ☒ Landscape Contract
- ☒ 2007 Budget
- ☒ Management Review Plan
- ☒ Baby Pool

### Wildflower Park and Vintage Place Park Update

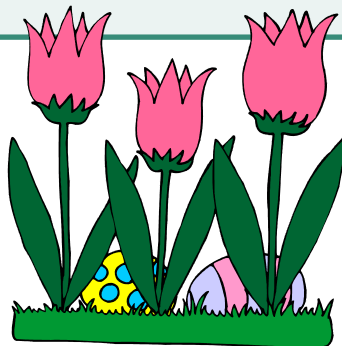
Last year, RVi completed a comprehensive Amenities Master Plan that outlined what a fully completed, fully equipped Circle C Ranch could look like. This plan would take millions of dollars to fully implement, and so the Board along with the Amenities Development Committee decided to break the plan up into phases and take on manageable and affordable projects over the years. For the first year our primary focus was on the Baby Pool and Wildflower Park—the Baby Pool because our old one was shut down, and Wildflower Park to focus our efforts on one substantial park rather than spread our resources too thin. The plan was to complete work on Wildflower Park, then turn our attention to Vintage Place as well as other, smaller pocket parks. To start work on this plan, the Board allocated \$125,000 of the 2007 budget towards Wildflower Park.

The Amenities Development Committee then contacted a number of park design companies and had them submit bids on building out Wildflower Park. When we realized that design fees could take up to 30% of the proposed budget, a new

approach was created. Now, the Amenities Development Committee is leading the effort to find a playscape design and installation company. The Wildflower Park playscapes will be purchased and installed, along with the necessary safety ground coverings, as soon as possible. The Committee is currently searching for a playscape company and hopes to provide the Board with a recommendation soon.

Once the ground covering and playscapes are installed, we will wait a few months and see what traffic patterns emerge from using the park. Parents and children alike will create their own paths to the playscape and those will be incorporated into the second phase, when formal paths, landscaping, and irrigation are created to complete Wildflower Park.

By breaking up the park creation we hope to save tens of thousands of dollars in design fees. We also hope to spend the money over time, which would free up funds to perform simultaneous work in the Vintage Place park as well. We will provide additional updates for the newsletter and Circle C Ranch web site as the work proceeds, so stay tuned.



### April Events

- April 7 Easter Egg Hunt
- April 8 Pool Closed
- April 21 Community Wide Garage Sale
- April 28 Wildflower Seed Planting Day

## CCHOA Numbers

|  |                                    |
|--|------------------------------------|
| HOA Mgmt Office .....                      | info@circlecranch.info or 288-8663 |
| Financial Office.....                      | 451-9901                           |
| Aquatics Director.....                     | 288-4239                           |
| 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 CDC.....                   | 288-9792                         |
| Circle C Swim Center.....           | 288-6057                         |
| Circle C Tennis Club.....           | Circle_CTennis@msn.com, 301-8685 |
| Golf Course at Circle C Ranch ..... | 288-4297                         |

## 2007 Board of Directors

|                           |                                    |
|---------------------------|------------------------------------|
| Sam Irwin.....            | President                          |
| Ryan Garcia.....          | Vice President                     |
| Brendan McEntee.....      | Secretary                          |
| Michelle Moran.....       | Board Member                       |
| To be Named .....         | Board Member                       |
| To be Named .....         | Board Member                       |
| To be Named .....         | Board Member                       |
| To be Named .....         | Board Member                       |
| Contact Information ..... | Email: directors@circlecranch.info |

## IMPORTANT NUMBERS

|                             |          |
|-----------------------------|----------|
| BFI (Allied Waste) .....    | 247.5647 |
| Dead Animal Collection..... | 494.9400 |
| Abandoned Vehicle .....     | 974.8119 |
| Pothole Complaints .....    | 974.8750 |
| Stop Signs .....            | 457.4885 |
| Street Light Outage .....   | 505.7617 |
| Schools                     |          |
| Clayton Elementary .....    | 841.9200 |
| Kiker Elementary.....       | 414.2584 |
| Mills Elementary .....      | 841.2400 |
| Bailey Middle School .....  | 414.4990 |
| Small Middle School .....   | 841.6700 |
| Bowie High School.....      | 414.5247 |
| SAYSA.....                  | 899.1049 |

## Circle C West Swim Center Update

One of the most frequent issues residents bring to the Board concerns the construction of the second pool near the intersection of La Crosse and Spruce Canyon. For those of you unfamiliar with the various issues that have plagued this project, we recommend reading the Amenities Committee report in the Circle C Ranch Annual Report. You can access the report online by visiting our web site (<http://www.circlecranch.info/>) and clicking the Newsletters link under the Circle C News section. The Annual Report was included with the January newsletter, and the Amenities Committee article was on pages 39 and 40.

As an update to the earlier provided information, the Board has been working with the City and the bankruptcy trustee on the impervious cover (IC) issue. Our current IC allotment, according to the City, is 0.8 acres, which is not enough to build a pool. Working with the city, all parties are trying to correctly calculate the amount of IC the homeowners association actually has in its reserve. Although the pool is not the homeowner's association obligation to build, it is something our neighborhood needs to remain competitive with other developments and to that extent the Board is willing to consider using some of our IC to build the pool. This relieves the developer of some of its obligation and we will get a greater degree of control over what is constructed and how it is operated, a win-win for all parties.

The parties are currently working on various calculation strategies and we are hopeful to resolve the issue soon. Part of the Amenities Transfer Agreement that the bankruptcy trustee and the Board have been working on include undeveloped tracts of land that have some IC with them--once everyone understands how much IC the homeowners association will receive from these tracts, then the Board can look at other issues concerning pool construction and operation in the hopes of moving this project forward.

## One House/One Vote

*Submitted by Ryan Garcia, CCHOA Vice President*

One of the items the Board identified as a priority was to come up with a plan to modify the existing covenants so that our elections would be counted on a one house, one vote basis rather than the complex property valuation system currently in place. Such a change is not a trivial matter, however. Not only does a comprehensive package of changes need to be made to the covenants to effectuate the modification, but a system for collecting votes on the change would need to be created given the incredibly high burden for amending the covenants.

For many months the thought was that if we were going to try and meet these high burdens for the one house, one vote initiative, perhaps we should take a look at the entire covenants and see what changes we would want to make. The project became larger and given the other high priority projects that were already on our plate, it languished.

In an effort to jumpstart the initiative, the one house, one vote concept has gone back to its roots. Instead of trying to tackle the entire covenants, we're heading back to our original purpose—changing the one part that deals with how many votes a house gets. Perhaps with the lessons learned from this change we can better approach a more comprehensive look at the covenants.

The current plan is to come up with the proposed change to the language of the covenants by the April Board meeting. Then by the May Board meeting we will develop some system for the long-term voting and collection of proxies on this amendment. The process to amend the covenants is a long and difficult one, but this will hopefully be the first step in a successful effort.

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## CCHOA Announcements

### Deed Restriction Update

*Submitted by Denise Nordstrom, CCHOA Manager*

As we've reported in the previous six newsletters, we are in the process of driving the entire neighborhood to look for lawn violations. Violations may include, but are not limited to: excessive weeds, areas of no turf, dead shrubs and/or trees, yard art, grass that is not edged or mowed and areas of dead grass. We encourage each of you to evaluate your lawn now so that you have time to re-sod if needed before the heat of summer. We are required to send notification of deed restriction violations via certified mail and we also send regular mail. If you receive a deed restriction violation notice and would like to speak to us about your plans for improvement, please contact the HOA office at 288-8663. It's impossible to know everyone's individual situation, so we appreciate communication from you. We also recommend that you review the architectural control committee's landscape design guidelines located within this newsletter.

If you have a deed restriction to report, you may email us the specific address at [info@circlecranch.info](mailto:info@circlecranch.info) or give us a call at 288-8663. Violations that are reported are generally checked with 2 business days and if we are able to confirm a violation, we will begin the deed restriction process (which you can access on the website at <http://www.circlecranch.info/documents/AssociationDocuments/DeedRestrictions/CCHOA-DeedRestrictionPolicy2003.pdf>).

It has also come to our attention that some of you are blowing your

grass clippings down the storm sewers and/or the street – please do not do this – you should bag up your clippings and contact Allied Waste for a special pick up.

#### Recycling Dumpster

The good news on the addition of the recycling dumpster is that it is filling up each week! The bad news is that some of you are still leaving your boxes by the dumpsters and not flattening them to insert into the recycling dumpsters. This means our staff or landscape crew or sometimes a nice neighbor has to do this for you. Please DO NOT leave your boxes by the dumpster!

#### Unauthorized Trash Dumping

It has come to our attention that some of the landscape companies servicing the residents in our community are dumping their bagged clippings at other resident's homes. You may not be aware this happening so please be sure to speak to your landscape provider and let them know this is NOT okay.

#### Trash Can & Recycling Containers Should Be Hidden From View

The Circle C Declaration of Covenants, Conditions and Restrictions clearly state that trash cans and recycle bins should be stored Out of View from the street. Please be sure your trash can and recycling container are hidden.



## Residential Cleaning

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## CCHOA Announcements *Continued*

### April Special Events

*Submitted by the Special Events Committee*

#### CCHOA Annual Easter Egg Hunt

Join us for the Annual Easter Egg Hunt on Saturday, April 7th at 9:30am at the Circle C Child Development Center. Cost is \$3 per child. The Easter Bunny will also be in attendance. There is an initial limit of 10 eggs per child. If there are eggs leftover we'll send the kids out for another run. Please be on time as the hunt will begin at 9:30am sharp! Costco will also be onsite providing goodies and information to the community about memberships.

#### CCHOA Community Wide Garage Sale

The CCHOA will host its' annual garage sale on Saturday, April 21st from 8am to 5pm. We will place an ad in the Austin American Statesman and on Craigslist. Each owner is encouraged to have their own individual garage sale on this day as we get a lot of traffic. Street maps will be available on our website at [www.circlecranch.info](http://www.circlecranch.info) Please do not tape any flyers/paper to light pole signs – this peels the paint. If you have a sign up for the garage sale, be sure to remove as soon as your garage sale is over.

*(Continued on Page 6)*

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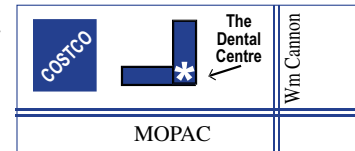


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## CCHOA Announcements *Continued*

### April Special Events - (Continued from Page 5)

#### Communications Committee NEEDS volunteers

The board has recently approved a charter and chair (welcome Jennifer Rashivy) to the Communications Committee. Now all we need is a few more volunteers. Do you have experience in marketing, PR, web design or have great ideas about improving homeowner communications? Then please contact the HOA at [info@circlecranch.info](mailto:info@circlecranch.info) or call us at 288-8663.

### Want to submit an article of interest?

If you would like to contribute to the HOA newsletter, please send your article to [info@circlecranch.info](mailto:info@circlecranch.info).



The deadline is the 12<sup>th</sup> of the preceding month May's deadline will be April 12). Photos and graphics must be submitted as a jpg, tif, or wmf file.

### Kristyne Blackburn

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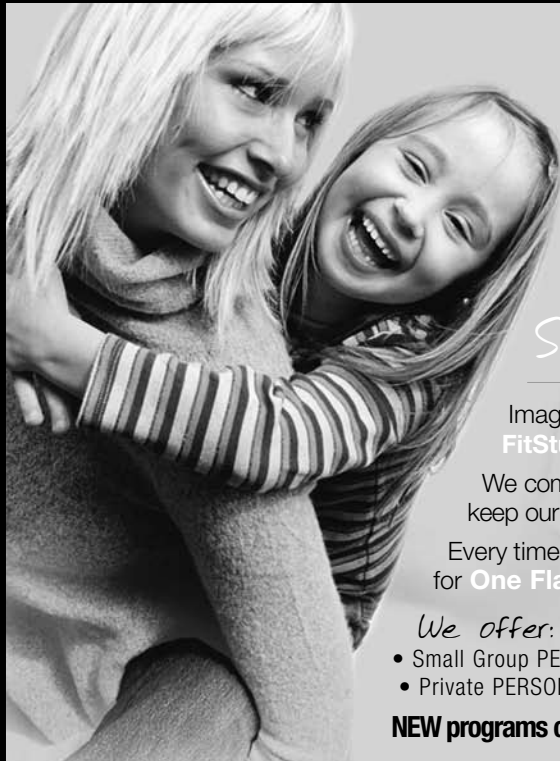


### PERSONAL CLASSIFIEDS

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## CCHOA Announcements *Continued*

### Circle C Landscape Update

*Submitted by Susan Hoover*

On the commons areas in April, Circle C Landscape will be busy getting into the full mowing season. This is also the time of year that we aerate selected turf areas and perform the spring fertilization.

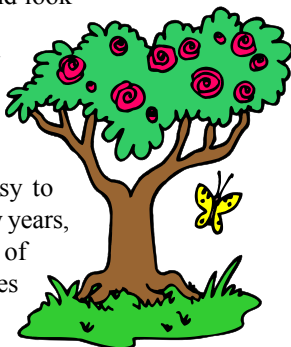
For the aeration, it is good to get a core aerator (available for rental from local sources). You may want to see if your neighbors want to share it as it does not take very long. It is important to mark your sprinkler heads so you don't run over them with the aerator.

After aerating, you can add a good lawn dressing/top dressing made of organic matter to the yard.

This treatment works well on all types of grass and is best done when the grass is actively growing in the early spring. What are the benefits?? First of all, a healthier lawn. Second, this type of treatment assists in future conservation of water by allowing the water you use to get to the root areas. In San Antonio, where water conservation is ahead of Austin, this is a required treatment for many commercial areas. Second, it reduces thatch, which can impede lawn growth and promote disease, and third, it reduces compaction. For residential lawns, it is suggested that aeration and top dressing are beneficial once per year.

At this time, we are also revising certain commons areas to the sustainable plant palette used in the Green Community Long Term Landscape Plan. You may have noticed that most of the roses have been replaced with diversified installations of regional drought tolerant plantings. A list of the plants that we use are on the Circle C website at [www.circlecranch.info](http://www.circlecranch.info), under Landscape and Architecture. While there are many varieties to choose from, the ones on the list do well in the alkaline Circle C soils and look good over many years.

In your yard, you may want to consider some dwarf plant varieties. It is tempting to put in plants so they achieve an "instant" finished look. With many of the traditional sized shrubs, it is easy to plant them too close together and in a few years, they seem to take over the whole front of the house. Some of the smaller varieties provide a good solution to this type of problem.



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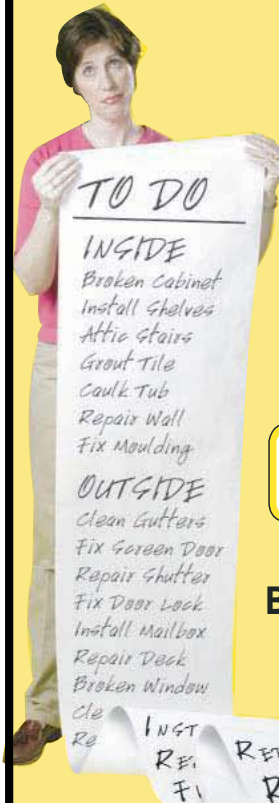
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## Circle C Committees

### Education Update – April 2007

*Submitted by Marian Wallace, Education Committee Chair*

#### Southwest Middle School

Last month AISD and the architectural firm, GS&C, made a presentation to the Board of Directors about the design for the new southwest middle school. The school will be built on the 41-acre site at the northeast corner of FM 1826 and Slaughter, across from the water tower. It will be a three-story school that is built in to the natural slope of the land, so that it appears as a two-story building from the front. Construction will take 18 months, and is expected to open for classes in August 2009.

The school will feature soccer and baseball fields, and tennis courts, with minimal security lighting designed to face the school. It will have three entrance lanes from Slaughter, one for buses and two for vehicle entrance/exit lanes. AISD will use Allenton from Circle C North; however, the street will only be used for emergency vehicles and will be gated. In addition, there will be pedestrian access from Circle C North.

The AISD Board of Trustees has begun accepting proposals on a name for the school. Recommendations will be accepted through the end of June, and then the Board will vote on the name in September. To make a recommendation, email the trustees at [trustees@austinisd.org](mailto:trustees@austinisd.org) or mail in your recommendation to AISD Board of Trustees, 1111 West 6th Street, Austin, TX 78703.

Before voting on a name, the Board of Trustees will consider the merits of names proposed, as well as the number of times a particular name is proposed. So start thinking of some great names and send in your recommendations. Boundaries for the new school will not be determined until 2008 when a boundary committee will be formed to represent our area. The Education Committee has remained involved in monitoring the schedule affecting the middle school and we will continue to update you as developments occur.

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### Design Guidelines for Front Yard Landscapes

*Submitted by the Architectural Control Committee*

Circle C residents are welcome to improve their existing landscapes through plant, shrub and tree enhancements, bed edging, additional flower beds, or turf replacement without going through the Architectural Review Committee approval.

#### The following items require approval from the ACC:

- hardscape in the front yards, including but not limited to walls, fences, fountains, patios. No vertical hardscape greater than 18" in height will be approved.
- transition to a native landscape in front yards. The ACC encourages drought tolerant plantings and limited turf area. However, landscapes that dramatically change from the original landscape design must go through the approval process. A conceptual plan showing bed locations, turf locations and a list of plants must be provided to the committee.

The following items will be considered in reviewing a plan:

- amount of turf area. Turf can be limited but must be present next to sidewalk and driveway edges and used to define bed areas
- landscape designs must include evergreen shrubs as well as perennial and deciduous plants and wildflowers. Plants beds must be designed to enhance and give order to a front yard landscape
- it is important that landscape designs retain a Texas Hill Country feel, rather than a desert Southwest design. Natural colored gravel (excluding pea gravel) and decomposed granite may be used in limited amounts for paths or accents. They may not replace mulch in bed areas.
- all designs must be able to be maintained in a way that is compatible with traditional yards in the neighborhood. Perennials must be pruned at the appropriate times, shrubs must be trimmed, wildflower areas may cycle through the wildflower planting and reseeding times, and then must be trimmed appropriately.
- beds should be mulched to retain moisture and control weeds. Mulch should be between 2" and 3" in depth, and updated as needed.
- flower pots must integrate into the overall design and be well maintained. Empty pots and dead vegetation must be removed.

#### Prohibited elements in front yard design:

- Yard Art. Non-vegetative elements must be compatible and an integral part of the landscape design. Excessive yard art of random objects is prohibited, including but not limited to statuary, flags, gazing balls, birdbaths. Residents are encouraged to put yard art in the back yard.
- Artificial Flowers, silk flowers, artificial flower baskets.
- Recycled glass, large fountains, aluminum lawn chairs and loungers





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## CCHOA Clubs & Announcements

### Park West HOA News (*pertains only to Park West residents*)

*Submitted by Board of Directors, Park West HOA*

Spring is here, and Pearson Landscape Services has been doing a great job in preparing for April showers and May flowers. All of the front bed preparation for the spring season should be complete throughout our Park West neighborhood, including weeding, mulching, and trimming of shrubs. Crape myrtles have also been trimmed. Aeration of front lawns and the first round of fertilization for the year for front beds and front lawns should also be nearly completed or possibly already completed by the time that this newsletter is delivered. Pearson is aware that there are some weeds throughout the front lawns, and the landscaping crews are spot-spraying the weeds yard-by-yard as needed; weed control will be on-going throughout the year.

Sprinkler heads have delicate parts that are easily broken or clogged, and without regular checking of the sprinkler system for various problems, the first sign of a problem is usually a dead area of grass in your yard. As we discovered last year, dead patches of grass not only appear unsightly but also provide habitats for chinch bugs. After the chinch bugs did their damage, the next rain caused infested patches of grass to turn a sickly grey color. If several homeowners have irrigation problems, the neighborhood appears to

be improperly maintained and allows chinch bugs to move throughout the neighborhood. Hence, all homeowners in Park West HOA benefit when everyone's irrigation system waters their front lawns properly. Our PWHOA landscaping contract with Pearson Landscape Services includes free, periodic, maintenance checks of front lawn irrigation systems. Pearson is working with the board to determine a process for notifying residents to schedule these maintenance checks, hopefully a few times per year. Pearson wants to partition the neighborhood into sections and then quickly and efficiently do the checks over many homes, though you may individually request an irrigation system check via an email message to [landscape@parkwesthoa.info](mailto:landscape@parkwesthoa.info) whenever you discover a problem. Please respond to Pearson promptly when requested to schedule an irrigation system check.

Park West HOA's two spring events within our own neighborhood, a catered barbeque and a home garden tour, remain unscheduled as of now, though the PWHOA board is still hoping to hold these popular events. The spring barbeque has been held for many consecutive years now, and the home garden tour was initiated last year. Even though our social committee chairman has moved away from Park

*(Continued on Page 11)*



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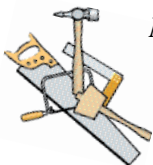
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**CCHOA Clubs & Announcements *continued*****Park West HOA - (Continued from Page 10)**

West, let's keep these traditions going. Any homeowner that would like to assist in organizing these events should contact any PWHOA board director.

Some homeowners have been doing some landscaping work within Park West HOA common areas, which is property that belongs to all Park West homeowners. According to Park West covenants and rules, no such work should be done without obtaining permission from the PWHOA board. Moreover, the PWHOA board will contract to perform work within the common areas as needed. Although some may feel a spring season urge to improve the common areas, please refrain. Instead, please bring problems and concerns about the common areas to the attention of the PWHOA board.

The Park West HOA Board of Directors meets on the second Wednesday of each month. Board meetings are open to all homeowners. Time is available at the beginning of each meeting for homeowners to bring issues and information to the board's attention. To be listed on the agenda and to ensure that adequate space is available for the meeting, please call a board member prior to the meeting. In addition, you may contact any PWHOA board director at any time with questions and concerns. Contact information for PWHOA board directors is posted at both Park West mail centers, and the rear wall of each Park West mail center has a drop box for submitting written questions and suggestions.

Circle C Ranch has a mid-January deadline for removal of holiday decorations, yet there are still a few Park West homes with holiday decorative lights in their shrubs and trees. These lights should be removed and stored until year-end.

The installation of the new, underground, backup, power line by Pedernales Electric from Park West Pass to Escarpment is now complete. Park West HOA initially met with officials from Pedernales Electric and Circle C Ranch HOA last July to discuss this project. Please note that the construction area is within a Circle C Ranch HOA common area and not a Park West HOA common area; hence, the restoration of the landscaping in this area is the responsibility of the Circle C Ranch HOA.

Both sets of Park West gates are now closed 24/7 except for special neighborhood events and one entry gate that is kept open during Sunday afternoons for traditional, realtor-hosted, open house periods. During a power outage, the entry gates open automatically and remain open until power is restored. Park West homeowners and residents may obtain remote control openers for the Park West gates from the PWHOA board.

When you walk your dog in Park West, please be considerate and carry bags to pickup after your dogs within your neighbors' lawns. We continue to receive complaints that this is not being done. This requirement is a City of Austin ordinance, and you can be ticketed for ignoring this law.

The residents of Park West wish to thank all of you who are parking in your driveways and garages. We appreciate your consideration for our safety and for the appeal of our property. We understand and support the occasional need for visitors to park on the street for short periods of time.

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## CCHOA Clubs & Announcements *Continued*

### Austin Newcomers Club April Luncheon

*Submitted by Leslie Weber*

Time: 11:00 AM Social; 12:00 Noon Luncheon

Date: April 18, 2007 (Reservations by Thursday, April 12)

Program: Spring and Summer Fashions presented by Talbot's

Location: Green Pastures Restaurant

Street address: 811 W. Live Oak Street, 78704

Cost: \$20.00

Public contact phone number and or website: 314-5100

or [www.austinnewcomers.com](http://www.austinnewcomers.com)



### Mills Spring Festival

*Submitted by Carrie Turlington*

**April 21<sup>st</sup> • 3pm to 7pm**

One wristband per person allows entry and unlimited access to all the inflatables, maze, games and activities. The most fun you can have this side of the river.

Check [www.millspta.org](http://www.millspta.org) for more information as it becomes available.

**View the  
Circle C Ranch Newsletter  
each month online at  
[www.PEELinc.com](http://www.PEELinc.com)**

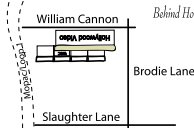
### *Classified Ads*

**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@circlec ranch.info](mailto:info@circlec ranch.info).

**Business classifieds** (offering a service or product line for profit) are \$45, limit 40 words, please contact Peel, Inc. Sales Office at 512-989-8905 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

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## CCHOA Clubs & Announcements *Continued*

### Attention Business Owners and Marketing Professionals

#### Join the #1 Referral Group in Central Texas!

*Submitted by Bob McKenna*

Did you know The Live Oak Network, a professional business referral organization, was rated #1 in membership and referrals generated in 2006? That's right... and we remain the #1 Chapter in Central Texas! But you know what's even better? We are also the most fun-loving, enthusiastic and supportive group of professionals too!

#### Quick Quiz:

1. Do you know a reliable and trustworthy service professional (residential, commercial, health and beauty, trades, or wedding/event planning) who places their customer's needs first?
2. Would you refer them to your friends and or family members without hesitation because they are really good?

If you answered "Yes", tell them The Live Oak Network is looking for more trustworthy, experienced professionals to join our growing network today!

The Live Oak Network is a non-competitive professional referral organization that admits one high quality individual or company per professional category to share ideas, contacts and most importantly referrals.

Are you curious? Do you want to learn how to build your business by referral? Visit us this week! We meet each Wednesday morning, and there is no obligation to join.

#### The Live Oak Network

Every Wednesday - 8:00 AM to 9:30 AM

The Golf Club at Circle C Ranch

7401 Highway 45, Austin, Texas 78739

The \$10.00 meeting fee is tax deductible and includes a healthy breakfast.

Bring at least 40 business cards to hand out to our members. For more information email Bob@AustinReps.com, or call 288-8088.

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\*Austin Telco will pay all standard closing costs on Home Equity loans below \$100,000. Additional non-standard fees will be the responsibility of the member. Credit qualifications apply. \*\*Annual Percentage Rate. All rates expressed are "as low as". Rates are subject to change without notice.



## CCHOA Clubs & Announcements *Continued*

### Kiker Elementary Sponsors Annual Community Event – May 6 & 7, 2007

*Submitted by Karen Syzdek*

A relaxing day of golf in the beautiful Texas Hill Country, camaraderie, and all with the intention of helping children! Can you think of a more perfect day? The Kiker Community invites you to join in for the Annual Golf Classic on Monday, May 7, 2007, at The Golf Club at Circle C. The event, coupled with a Silent Auction, Dinner & Dance, is expected to raise more than \$30,000 for school-wide projects, classroom materials, and staff development.

One hundred golfers will enjoy a challenging round of golf at one of the premier courses in the Texas Hill Country – The Golf Club at Circle C. The outing will begin with a shotgun start at 12:30 p.m. Prizes will be given to the first, second, and third place teams. Players will receive complimentary beverages, a boxed lunch, and dinner hosted by The Outback Steakhouse. The player registration form is available online at <http://www.austinschools.org/campus/kiker/> and in Kiker's front office. The cost is \$125.00 per individual or \$400.00 per team of four.

On Sunday, May 6, 2007, more than 300 supporters will gather for Kiker's Annual Silent Auction Dinner & Dance at Creekside Pavilion in Driftwood. Unique auction items, including a variety of fantastically themed gift baskets, A&M and UT memorabilia, kids activities, and much more, will be on display and available

for competitive bidding. The night's festivities will feature a live auction with Honorary Auctioneer, Rick Rodriguez, Kiker fourth grade teacher. Several high dollar items will be auctioned during this segment of the evening. Participants will feast on a bar-b-que buffet and enjoy live music by Austin's own Third Language ([www.thirdlanguage.com](http://www.thirdlanguage.com)). This event is open to the public and is for adults only. Tickets are \$25.00 each. Information on ticket sales will be sent home with Kiker and Clayton students. If you are not a Kiker or Clayton family and wish to attend the Auction, Dinner/Dance, please contact Karen Syzdek at [ksyzdek@yahoo.com](mailto:ksyzdek@yahoo.com), or visit the front office.

Sponsorship opportunities are available! Current sponsors include Goldwasser Team, A+ Federal Credit Union, Capital One, Wells Fargo, Academic Superstore, Bryan Koopmann, DDS, Southside Wrecker Inc., Groovy Lube, Hill Country OB/GYN Associates, Scott T. Branyon, DDS, Austin Stucco & Home Repair, Creekside Pavilion, The Outback Steakhouse, Third Language, The Golf Club at Circle C, Covert Ford, EZ-GO Golf Carts, Austin Real Estate Partners, Longhorn Trophies Inc.

Contact Terry Lord at 414-2584 or [tlord@austinisid.org](mailto:tlord@austinisid.org).



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## CCHOA Clubs & Announcements *Continued*

### Clint Small Jr. Middle School

#### 'Cougar Capers' Carnival

*Submitted by Kellye Graham*

**Friday, April 20<sup>th</sup> 6-9 pm at CSMS**

**4801 Monterrey Oaks Blvd.**

Everyone is welcome to attend Clint Smalls Annual Carnival. There will be food, games for all ages, a silent auction and lots and lots of fun! Tickets can be purchased at the door - 4 tickets for \$1.00. All proceeds will benefit the students of CSMS.

Donations of empty toilet paper rolls, cascarones, clean empty egg shells in egg cartons, small prizes for grab bags (CD's, DVD's, books, things teenagers like, etc.) and silent auction items are being requested now and can be dropped off at Smalls office during regular school hours. Any type of item can be donated for the silent auction - gift baskets, services, products, gift certificates. Questions - please contact the following people:

Volunteers (we welcome students needing service hours): Pat Berger at 288-3395 or 636-3394 or maineact2@yahoo.com

**Silent Auction:** Miranda Watson at 791-8856 or miranda.watson@gmail.com

**Grab Bags:** Darcie Gordon at 799-0939 or darcieg@gmail.com

**Confetti Eggs:** Griselda Black at 841-7005 or gblack@austinisd.org

### Shred Day 2007

Sponsored by Association of Records Managers and Administrators (ARMA) and the City of Austin Solid Waste Services Department

April 21

8 AM - 2 PM

Austin High Parking Lot

With the increased awareness of identity theft, many people know they need to dispose of personal records in a way to insure that others can't find and misuse the information. ARMA and the City's Solid Waste Services Department are providing an opportunity to families and individuals to bring up to five file boxes of paper for FREE on-the-spot confidential shredding. Mobile shredding trucks will be provided by Austin Shred, Centex Shred, and Iron Mountain. The objective is to help with home records management, identity theft protection while publicizing the value of Records Management and Recycling.

ARMA International is a not-for-profit association which is the leading authority on managing records and information.

In lieu of a fee for the service, donations will be accepted for the Capital Area Food Bank.

Questions contact Jannette Goodall at 974-9045

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## CCHOA Clubs & Announcements *Continued*

### When Your Aging Parents Are Far Away, The Care Doesn't Have to Be

*Submitted by Peter Berardino*

Caring for aging parents may be easier and a lot less traumatic than you think with advice from the experts. Here are some tips on what to do when your parents need care and they're far away:

- Before the need arises, it's a good idea to talk with your parents. Make suggestions but avoid dictating.
- Know your parent's health history, current medications and names of doctors and hospitals.
- Know where the important legal papers are located. Ask if they have a will, a living will and durable power of attorney. Know their attorney's name and phone number.
- Do they have long-term care insurance? Where is the policy located? What does it cover?
- Do they have the financial resources to obtain in-home care or nursing home care, should the need arise?
- Learn what resources may be available. Align with local support systems before problems arise. The town senior center may be one source of information.
- Visit assisted living and nursing home facilities in your parents' area and in your area, should it become necessary to move your parents.
- Depending on the situation, you may find it appropriate to apply for a facility and place your parents on a waiting list.
- You may want to consider obtaining a geriatric care manager. Retaining a care manager does not imply a lack of compassion—having to manage work, home and family is difficult for all caregivers. For a fee, care managers help to ensure that all facets of a loved one's care are addressed. Contact the National Association of Professional Geriatric Care Managers for a list of qualified managers, at [www.caremanager.org](http://www.caremanager.org) or call 520-881-8008.
- Call the Eldercare Locator at 800-677-1116, 9am to 8pm ET. They will provide you with the phone numbers for your state's Department on Aging and your local area agency on aging. You can find them online at [www.eldercare.gov](http://www.eldercare.gov).
- National Organizations—AARP offers a large variety of resources and information online at [www.aarp.org](http://www.aarp.org) or phone 800-424-3410.
- Homecare agencies—the National Association for Home Care can assist with location of homecare agencies in your parents' area. Find them on the Web at [www.nahc.org](http://www.nahc.org) or call 202-547-7424. You can never be 100 percent prepared for any caregiving situation, but organizing and researching eldercare information and resources prior to the situation will give you peace of mind.

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## Circle C Amenities

### Lady Bird Johnson Wildflower Center Events

*Submitted by Saralee Tiede*

**Wildflower Days 2007.** The Lady Bird Johnson Wildflower Center is open every day 9 a.m. to 5:30 p.m. through April 30.

#### Spring Plant Sale & Gardening Festival

Get a refill for your garden. The best selection of native plants you'll find--almost 300 species. Artists and authors sign their works in the store both days. Plant list is online at [www.wildflower.org](http://www.wildflower.org). Members' Only Preview Sale--1 to 7 p.m. Friday, April 13. Public Sale -- 9 a.m. to 5 p.m. Saturday and Sunday, April 14 and 15

#### A.R. Valentien Botanicals Exhibit

Paintings of California wildflowers by one of the finest botanical painters. On loan from the San Diego Natural History Museum. Check out products inspired by his work at the store. April 1 to June 30

#### Nature Nights: Carnivorous Plants

Learn about these fascinating flora. \$1 admission, 6 to 9 p.m. Friday, April 6

#### Book signing in the store

Laurence Parent signs his book, "Big Bend National Park", noon to 3 p.m.

#### Open Easter Sunday April 8

#### Arbor Day Weekend

All tree-related books on sale all weekend. Novelist Susan Wittig Albert signs her newest work, Spanish Dagger, from 1 to 3 p.m. Saturday, April 28.

**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.

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Plus filter disposal fee. Additional charges for shop supplies may be added.  
See store for details. Offer expires 12/31/07.

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# Camp Kaleidoscope at Clayton



Clayton Elementary School Teachers and The Circle C Child Development Center are joining together to provide the *BEST* summer program around right here at Clayton Elementary!

The campers will be participating in many exciting activities including mysteries, magic, computers, cooking, sewing, crafts, jewelry making, organized sports, weekly swimming, reading, and much more!



Participating Clayton and CDC Staff Members that will be working this summer include:

Ms. Robillard, Ms. Zimmer, Ms. Kietlinski, Ms. Burke, Mr. Roth, Ms. Oz, Ms. Martin, Ms. Moss, Ms. Grance, Ms. Frankie, Mr. Guy, Ms. Brenda, Ms. Sharon, and Mr. Jeremy!

Camp Kaleidoscope is for current Kindergarteners through Fifth Graders.



Session 1: June 4th - June 29th  
Session 2: July 2nd - July 27th  
Session 3: July 30th - August 22nd



Hours: 7:00 am - 6:00 pm  
All sessions are held @ Clayton

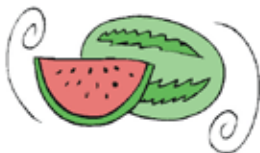
\$680 per session per child.  
\$150 deposit per session per child  
(Checks should be made out to Circle C CDC)  
Deposits will be applied to the monthly tuition!

There are a limited number of spaces available  
so sign up quickly!



You can register for the camp by:

Coming to The Child Development Center at any time  
(Mon-Fri 7:00 am - 6:15 pm) to register and pay your  
non-refundable deposit of \$150.



If you have any questions, please call  
The Child Development Center at 288-9792  
(We are located next to the pool at 5917 La Crosse Avenue)







## SPRING AIR CONDITIONING SPECIAL

Air Conditioning • Heating/Ventilation  
 Refrigeration/Ice Makers • Sales/Service/Installation  
 Commercial/Residential  
 We Service All Makes and Models  
 Preventative Maintenance/ Agreements Available  
 Licensed and Insured

**\$25**  
**SPRING AIR CONDITIONING**  
**TUNE-UP SPECIAL!**

\*Circle C residents receive up to  
 15% off any additional service work

**Smaller Company = Higher Quality**  
 Residential service work performed evenings  
 and weekends at no additional charge.



Scott & Missy Bishop  
 Owners/Circle C Residents

**512-965-6087**

cell: 512-818-5599

wsbishop3@yahoo.com

☯ Lic# TACLA0002678IC

## Circle C Amenities *Continued*

### The Golf Club at Circle C Events

*Submitted by Denise Fisher*

#### DID YOU KNOW?

The Golf Club at Circle C is OPEN to the Public! We have a senior rate of \$35/weekdays! Our Member Game is every Friday at 12:30pm! There's a Skins Game every Sunday at 1pm!

#### FIRST FRIDAYS Live Music

Live Music & Family Dining, Friday, April 6th 6-9pm

Featuring: The Doug Moreland Show.

Our popular Live Music Series is kicking it up a notch in 2007! Bring the whole family, relax in our comfortable hill country setting and enjoy the tunes of some of Austin's most popular up and coming talent. Fresh dinner and drink specials will be featured every FIRST FRIDAY. Check our website for dates and artists at [www.thegolfclubatcirclec.com](http://www.thegolfclubatcirclec.com).

#### MEN'S LEAGUE KICKOFF

NOW is the TIME..... To connect with friends and neighbors that share your passion! Become a part of Austin's best Men's League in the city with play every Wednesday March through October! As a member of the league you'll play in competitive events every Wednesday and participate in weekend tournaments including a member/member, club championship, member/guest and the Circle C Cup.

All this and much more for only \$500! Call the Pro Shop at 288.4297 ext. 1 to learn more or click here to sign up now.

#### BUCK MAYERS GOLF ACADEMY

The Golf Academy is putting together some great programs to get your game in shape for 2007. Get your children outdoors with one of the many junior camps or clinics set for the spring and summer! To learn more about Junior Programs, "The Total Golf Performance Experience", "The Scoring School" or the "Mental Game" workshop call the Academy at 301.2932 or visit [www.buckmayersgolfacademy.com](http://www.buckmayersgolfacademy.com).

#### WHO'S the BEST GOLFER in AUSTIN?

If you think you are save the date and join us for the 3rd Annual Austin Open on April 21st & 22nd. This 36-hole individual medal play event will allow Professionals and Amateur players to test their skills against one another. Call us at 288.4297 to learn more or click here to sign up now.

#### TRIAL MEMBERSHIPS for Circle C Residents

NOW is the TIME.....To treat yourself to that golf membership you've always promised yourself!

Circle C Residents now have the opportunity to purchase a Trial Membership for just \$500. Experience all the benefits of full membership for 3 months. Space is limited so call today to get signed up and start your privileges. Some restrictions apply.

#### Advertising Information

Please support the businesses that advertise in the Circle C Ranch Newsletter. Their advertising dollars make it possible for all residents to receive a newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact Peel, Inc. Sales Office at 512-989-8905 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com) for ad information and pricing.

## Circle C Amenities *Continued*

### Circle C Tennis Club Events

*Submitted by Fernando Velasco*

#### Summer Tennis Lessons

The Circle C Tennis Club will be offering lessons for both adults and children beginning the week of June 4, 2007. Lessons are available to both members and non-members of Circle C Tennis Club. For schedules and fees, contact us at 301-8685

#### Summer Schedule

##### Juniors

- Pee Wee for ages 3-5:  
Monday and Wednesday 8:30 AM – 9:00 AM
- Grand Prix for ages 6-8:  
Wednesday and Friday 9:00 AM – 10:00 AM
- Grand Prix for ages 9-11:  
Tuesday and Thursday, 9:00 AM – 10:00 AM
- Grand Prix for ages 12-15:  
Monday, 9:00 AM – 10:00 AM  
Wednesday, 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

Monday through Friday • 10am – 12 noon

Members: \$99/week; \$22.50/day

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

- 6 to 9 yrs old: June 4, June 18, July 2 and July 16
- 10 – 13 yrs old: June 11, June 25, July 9 and July 23

#### Adults

- 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 4

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 May 1st and your sixth month as a Member, will be free. Presently, there is a reduced one-time non-refundable Initiation Fee to join, and monthly Membership Fees are \$110.00 for a family, \$100.00 for Family Seniors and Singles, \$75.00 for Senior Singles and \$75.00 for Juniors. For an additional \$35.00 optional monthly fee, you will be able to use some of the finest Country Clubs in Austin and San Antonio. 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.

#### Guest Pass

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

## SOUTHWEST PEDIATRIC ASSOCIATES

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Phone: (512) 288-9669 • [WWW.SWPEDI.COM](http://WWW.SWPEDI.COM)

Kelly Jolet, MD • Vaishalee Patil, MD • Haydee Rimer, MD

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CONTACT: DEBBIE SKIPPER, LOCAL COORDINATOR  
512-296-2875 • [WWW.CHIAUPAIRUSA.ORG](http://WWW.CHIAUPAIRUSA.ORG)



## Circle C Amenities *Continued*



**"Children Love The CDC!"**

We are excited to announce the opening of our Summer programs for 2007!

We are currently enrolling children ages 3 to 5 in our Part-time summer programs.

Available Programs:

MWF 9:00 – 1:30

TTh 9:00 – 1:30

M-F 9:00 – 1:30

(Running June and July)

If interested, please call the CDC at 288-9792 or come by the Center Monday through Friday from 7:00 am - 6:15 pm.

Limited space is available!

The CDC is also enrolling for the Fall Inclusion Pre-K Program at Kiker Elementary (As seen in the Oak Hill Gazette!)

There are a few spots still available. This is for children that will be going into Kindergarten in the Fall of 2008.

This program runs 7:45 – 2:00 Monday through Friday.

For more information please call the Center at 288-9792 ASAP!

## Circle C Cafe & Catering

[www.circleccatering.com](http://www.circleccatering.com)

288-6058 Pool Cafe 5919 LaCrosse Ave

Hours: Monday - Saturday 3pm-8:30pm

Closed Sunday

Serving salads, pizzas, hamburgers, and nightly gourmet specials

In observance of Lent our Friday specials will not include meat.

Delivery is always FREE in Circle C!

292-4716 Wildflower Cafe 4801 LaCrosse Ave

Hours: Tuesday-Saturday 10am-4pm

Sunday 12pm-4pm

Closed Monday

Serving salads, sandwiches, soups, and desserts

301-7235 Catering Line

We cater all events large & small. Please contact us for a personalized proposal!

Gift cards make the perfect gift!

Give that special person in your life the gift of time by letting us cook dinner!!!

We appreciate your business!!!

Chef Jaime Arevalo

# Congratulations Circle C Tennis Club

## "Top 50 Welcome Centers in the United States"



- Lessons
- Pro Shop
- League Play
- Social Events
- Child Care Room
- World Class Teaching Professionals



Low Initiation Fees until May 31  
**FOR MEMBERSHIP INFORMATION,**  
**CALL 301-8685**  
or visit our website: [www.circlectennis.com](http://www.circlectennis.com)

## Circle C Swim Center Spring 2007 General Pool Schedule March 18<sup>th</sup> - April 28<sup>th</sup>

| Time    | SUN                         | MON                       | TUES                      | WED                       | THURS                     | FRI                       | SAT                            |
|---------|-----------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|--------------------------------|
| 5:30am  | Closed                      | Lap Swim<br>5:30am - 11am | Lap Swim<br>5:30am - 11am | Lap Swim<br>5:30am - 11am | Lap Swim<br>5:30am - 11am | Lap Swim<br>5:30am - 11am | Closed                         |
| 6:00am  |                             |                           |                           |                           |                           |                           |                                |
| 6:30am  |                             |                           |                           |                           |                           |                           |                                |
| 7:00am  |                             |                           |                           |                           |                           |                           |                                |
| 7:30am  |                             |                           |                           |                           |                           |                           |                                |
| 8:00am  |                             |                           |                           |                           |                           |                           | Lap Swim<br>7:30am-8:00pm      |
| 8:30am  |                             |                           |                           |                           |                           |                           |                                |
| 9:00am  | Closed                      | Lap Swim<br>5:30am - 11am | Lap Swim<br>5:30am - 11am | Lap Swim<br>5:30am - 11am | Lap Swim<br>5:30am - 11am | Lap Swim<br>5:30am - 11am | Private Swim Lessons<br>9-11am |
| 9:30am  |                             |                           |                           |                           |                           |                           |                                |
| 10:00am |                             |                           |                           |                           |                           |                           |                                |
| 10:30am |                             |                           |                           |                           |                           |                           |                                |
| 11:00am |                             |                           |                           |                           |                           |                           |                                |
| 11:30am | Rec & Lap Swim<br>12:30-6pm | Lap Swim<br>5:30am - 11am | Lap Swim<br>5:30am - 11am | Lap Swim<br>5:30am - 11am | Lap Swim<br>5:30am - 11am | Lap Swim<br>5:30am - 11am | Rec Swim<br>11:30-8pm          |
| 12:00pm |                             |                           |                           |                           |                           |                           |                                |
| 12:30pm |                             |                           |                           |                           |                           |                           |                                |
| 1:00pm  |                             |                           |                           |                           |                           |                           |                                |
| 1:30pm  |                             |                           |                           |                           |                           |                           |                                |
| 3:00pm  | Closes at 6:00PM            | Lap Swim<br>5:30am - 11am | Lap Swim<br>5:30am - 11am | Lap Swim<br>5:30am - 11am | Lap Swim<br>5:30am - 11am | Lap Swim<br>5:30am - 11am | Closes at 8pm                  |
| 3:30pm  |                             |                           |                           |                           |                           |                           |                                |
| 4:00pm  |                             |                           |                           |                           |                           |                           |                                |
| 4:30pm  |                             |                           |                           |                           |                           |                           |                                |
| 5:00pm  |                             |                           |                           |                           |                           |                           |                                |
| 5:30pm  |                             |                           |                           |                           |                           |                           |                                |
| 6:00pm  | Closes at 6:00PM            | Lap Swim<br>5:30am - 11am | Lap Swim<br>5:30am - 11am | Lap Swim<br>5:30am - 11am | Lap Swim<br>5:30am - 11am | Lap Swim<br>5:30am - 11am | Closes at 8pm                  |
| 6:30pm  |                             |                           |                           |                           |                           |                           |                                |
| 7:00pm  |                             |                           |                           |                           |                           |                           |                                |
| 7:30pm  |                             |                           |                           |                           |                           |                           |                                |
| 8:00pm  |                             |                           |                           |                           |                           |                           |                                |
| 8:30pm  |                             |                           |                           |                           |                           |                           |                                |



# Swim Lessons & Community Service Classes Are Here!!!

Come on down to your Circle C Swim Center to pick up the  
new **Activities Guide**

Or

Visit us **online** at

[http://www.circlecranch.info/Swim\\_Center.asp](http://www.circlecranch.info/Swim_Center.asp)

Or

Call us at 512.288.6057

***Group Swim Lesson  
Spring Sessions begin April 28<sup>th</sup>!***

**Registration begins Monday 03.26.07**  
(mail, fax, on-line and walk-in)

We are so excited for this new program and we  
can't wait to see you out at the pool in April!





# Austin FITαWellness®

## First Anniversary: Open House

Saturday April 14<sup>th</sup> 10<sub>am</sub> – 5<sub>pm</sub>

☺ Come try ALL of our group Exercise classes for FREE!\*

(Call for reservations and bring Texas Drivers license; \*for local residents only.)



**CardioPump**



**Yoga**



**Pilate's**

☺ Participate in a **SPIN** class to raise money for Breast Cancer Research

☺ Share in a **Power~Circuit** class!



**Meet our New Physical Therapist**

**Craig Neffendorf, PT**

(Will start seeing patients April 1<sup>st</sup>)



**FITαWellness**

**358-WELL (9355)**

**[www.AustinFitWellness.com](http://www.AustinFitWellness.com)**

## Texas Events - April

1—AUSTIN: Explore the Story Meet some real-life characters as they share their stories and tall-tales about riding and roping on Lone Star ranches. The Bob Bullock Texas State History Museum. [www.thestoryoftexas.com](http://www.thestoryoftexas.com) 512/936-8746

1—AUSTIN: Spring Fest Welcome spring with live music, food and local vendors. Outdoor activities encourage attendees to pack up the winter gear and breathe the open air. Congress Avenue and Martin Luther King, Jr. Boulevard. [www.roadwayevents.com](http://www.roadwayevents.com) 512/441-9015

1—AUSTIN: Texas Wine & Food Festival (Began Mar. 29.) [www.texaswineandfood.org](http://www.texaswineandfood.org) 512/542-WINE

1—GRUENE: Jerry Jeff Walker's Birthday Bash [www.jerryjeff.com/BirthdayBash2007.htm](http://www.jerryjeff.com/BirthdayBash2007.htm)

1—MARBLE FALLS: Bluebonnet Blues & Fine Arts Festival (Began Mar. 30.) [www.bluebonnetblues.com](http://www.bluebonnetblues.com) 830/798-1041

1, 5, 12, 15—BURNET: Devil's Waterhole Canoe Tour See many of the unique geological and natural features of the and the park. Reservations required. Inks Lake State Park. 512/793-2223

1-Jun. 30—AUSTIN: Albert R. Valentien Exhibit Exquisite botanical paintings of California native plants from the Irvine Museum. Lady Bird Johnson Wildflower Center. [www.wildflower.org](http://www.wildflower.org) 512/292-4200

4—KYLE: Easter Egg-stravaganza Includes age-appropriate egg hunts, eggs stuffed with candy and prizes, pictures with the Easter Bunny, rides and music. Begins at 5 p.m. and lasts until dark. Gregg-Clarke Park. [www.cityofkyle.com](http://www.cityofkyle.com) 512/262-3939

4-7—AUSTIN: Clyde Littlefield Texas Relays Brings together the best high school, college and professional athletes. Mike A. Myers Stadium, University of Texas Campus. [www.texasports.com](http://www.texasports.com) 800/687-8379

4-28—INGRAM: A Grade Above High school students representing the region display their works. The Gallery at the Point, Arts Foundation, Hwy. 39. [www.hcaf.com](http://www.hcaf.com) 830/360-5121

6—AUSTIN: Nature Nights Enjoy habitat hikes, talks and plenty of kids activities. Lady Bird Johnson Wildflower Center. [www.wildflower.org](http://www.wildflower.org) 512/292-4200

6-8—AUSTIN: The Taming of the Shrew This is a Stephen Mills adaptation of Shakespeare's timeless comedic battle of the sexes. Bass Concert Hall. [www.balletaustin.org](http://www.balletaustin.org) 512/476-2163

6-8—AUSTIN: Spring Plant Sale & Gardening Festival Enjoy guided walks and demonstrations. Choose from more than 300 species of favorite or hard-to-find native plants. Lady Bird Johnson Wildflower Center. [www.wildflower.org](http://www.wildflower.org) 512/292-4200

(Continued on Page 27)



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ONE DOZEN DO-NUT HOLES WITH ANY PURCHASE OF ANY SMALL BEVERAGE



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**ENJOY THE VIEW!**



## Texas Events - (Continued from Page 26)

6-28—ROUND ROCK: All in the Timing Takes a very funny look at life and the minefield of human communication. Sam Bass Community Theatre. [www.sambasstheatre.org](http://www.sambasstheatre.org) 512/244-0440

7—AUSTIN: Spamarama Everything Spam, including a cook-off, Spam Olympics and Spam Jam, comprises this festival honoring the potted pork product. Waterloo Park. [www.spamarama.org](http://www.spamarama.org) 512/834-1827

7—AUSTIN: Urban Music Festival This all-day, outdoor, family-oriented event features live music from renowned blues, soul, hip-hop artists and more. Auditorium Shores. [www.urbanmusicfest.com](http://www.urbanmusicfest.com) 512/477-6060

7—BOERNE: Cibolo Nature Center Native Plant Sale Kendall County Fairgrounds. [www.cibolo.org](http://www.cibolo.org) 830/249-8240

7—BURNET: Burnet Creative Arts & Crafts Show and Sale Features vendors with hand-crafted items. Burnet Community Center. 512/756-0834

7—JUNCTION: Easter Pageant Easter Pageant Grounds. 325/446-2564

7—NEW BRAUNFELS: Some Enchanted Evening Musical is a celebration of some of the best songs of the 20th century. Begins at 7:30 p.m. Brauntex Performing Arts Theatre. 830/627-0808

7—STONEWALL: Easter at the Sauer-Beckmann Farm Celebrate Easter like a traditional 1915 German farm family would have. Park interpreters make natural dyed Easter eggs, lamb cake and grass

Easter nests. Hours are 10 a.m. to 3 p.m. Lyndon B. Johnson State Park and Historic Site. 830/644-2252

7-8—CASTROVILLE: Bluebonnet Walk Hours are 11 a.m. to 5 p.m. Shooting Star Museum. [www.castroville.com](http://www.castroville.com) 210/274-6909 or 830/931-3837

7-8, 14-15—BUCHANAN DAM: Bluebonnet Trail Art & Craft 15745 W. Hwy. 29. 512/793-2858

7-8, 14-15—MARBLE FALLS: Spring Arts & Crafts Offers original works by more than 75 local artists. Historic Downtown, 318 Main St. 830/693-7324

7-22—FREDERICKSBURG: Wildflower Celebration Celebrate the arrival of spring with a live butterfly exhibit, colorful display gardens, walking trails, plants, pottery and more. Nestled amid acres of blooming wildflowers. Wildseed Farms. [www.wildseedfarms.com](http://www.wildseedfarms.com) 800/848-0078 or 830/990-8080

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

8—GRUENE: Gospel Brunch with a Texas Twist Serves up awe-inspiring gospel music with a mouth-watering buffet from 10:30 a.m. to noon. Gruene Hall. [www.gruenehall.com](http://www.gruenehall.com) 830/629-5077 or 830/606-1601

12-13—AUSTIN: Pirates of Penzance Presented by Carl Rosa Opera's internationally acclaimed company. The Paramount Theatre. [www.austintheatre.org](http://www.austintheatre.org) 512/472-5470

(Continued on Page 28)

## 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"

"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](mailto:kittyfowler@austin.rr.com)**

# CIRCLE C RANCH

## Texas Events - (Continued from Page 27)

12-15—AUSTIN: Austin International Poetry Festival Poets come from every continent to Austin for the largest non-juried poetry festival in the United States. Ruta Maya and various locations. [www.aipf.org](http://www.aipf.org)

12-15—JOHNSON CITY: Texas Food & Wine Festival Texas Hills Vineyard. [www.texaswineandfood.org](http://www.texaswineandfood.org)

13-15—BURNET: Bluebonnet Festival Includes food and arts & crafts vendors, music stage, parade, air show, weiner dog races, pet parade, scholarship pageant, demolition derby, 5-K run, bike tour and carnival. Downtown Square. E-mail: [info@burnetchamber.org](mailto:info@burnetchamber.org) • [www.burnetchamber.org](http://www.burnetchamber.org) 512/756-4297

13-15, 20-22—FREDERICKSBURG: Wine & Wildflowers Trail Wineries have special events on these two weekends, including wine tasting and other pairings of fine food and entertainment. [www.texaswinetrail.com](http://www.texaswinetrail.com) 866/621-9463 or 888/997-3600

14—BURNET: 2007 CAF Highland Lakes Squadron Airshow: Warbirds & Wildflowers 512/756-2226

14—BURNET: Hot Dog! It's the Second Saturday Bluegrass Show Begins at 7:30 p.m. Inks Lake State Park. 512/793-2223

14—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](http://www.downtowngeorgetownassociation.org) 512/868-8675

14—JUNCTION: Women in the Outdoors E-mail: [junctiontx@cebridge.net](mailto:junctiontx@cebridge.net) • [www.junctiontexas.net](http://www.junctiontexas.net) 325/446-3190

14-15—AUSTIN: The Austin Fine Arts Festival Find original, one-of-a-kind artwork. Dance to eclectic live music, take part in an interactive public art project, or watch special children's entertainment and live artist demonstrations. Hours are 10 a.m. to 5 p.m. Saturday and 11 a.m. to 6 p.m. Sunday. Around Republic Square Park. [www.austinfineartsfestival.org](http://www.austinfineartsfestival.org) 512/495-9224 or 512/458-6073

14-15—BOERNE: Market Days Includes vendors, arts & crafts, antiques, collectibles, unusual items and great food. Main Plaza. [www.mainstreetboerne.com](http://www.mainstreetboerne.com) 830/249-5530

14-15—DRIPPING SPRINGS: DS Relay for Life Cancer Walk/Run Raises funds for cancer research. Begins at 6 p.m. Saturday. [www.cancer.org](http://www.cancer.org) 512/858-7211

14-15—JUNCTION: Gun & Knife Show/Flea Market Coke Stevenson Center. [www.junctiontexas.net](http://www.junctiontexas.net) 325/446-3621

14-15—NEW BRAUNFELS: Folkfest & Kindermasken Parade Features living history demonstrations, children's activities, and ethnic music and entertainment at Heritage Village. Historic Kindermasken Parade — children's costumed walking parade — is Saturday in historic downtown New Braunfels. Hours are 11 a.m. to 5 p.m. Saturday and noon to 5 p.m. Sunday. [www.nbheritagevillage.com](http://www.nbheritagevillage.com) 830/629-6504

19—AUSTIN: Aretha Franklin Begins at 8 p.m. UT PAC's Bass Concert Hall. [www.utpac.org](http://www.utpac.org) 512/477-6060

19-22—AUSTIN: Old Settlers Music Festival Features three stages; 25 bluegrass, folk and Americana music acts; arts & crafts; and

(Continued on Page 29)

## Primrose Philosophy No. 25

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## Texas Events - (Continued from Page 28)

camping. Salt Lick Pavilion. [www.oldsettlersmusicfest.org](http://www.oldsettlersmusicfest.org) 512/370-4630

20—AUSTIN: A. Mozart Fest Kidskonzert IV: Let's Meet a Fortepiano with Malcolm Bilson Begins at 1 p.m. Reservations required. First Baptist Church of Austin. [www.amozartfest.org](http://www.amozartfest.org) 512/461-7022

20-21—BLANCO: Relay for Life Begins at 7 p.m. Blanco High School Football Field. 830/833-5584

20-21—SAN SABA: Cow Camp Cook-Off Includes a sanctioned cook-off, music and vendors. Millpond Park. [www.sansabachamber.com](http://www.sansabachamber.com) 325/372-5141

20-22—DRIPPING SPRINGS: Founders Day Festival Includes parade, barbecue cook-off, carnival, arts & crafts, live entertainment and children's activities. Downtown. [www.foundersdayfestival.com](http://www.foundersdayfestival.com) 512/858-4725 or 512/858-8110

20-22—FREDERICKSBURG: Herb Festival Enjoy music, herb/organic gardening, holistic vendors, wine tasting and more. Hours are 5:30 to 9 p.m. Friday, 9:30 a.m. to 9 p.m. Saturday and 10 a.m. to 5 p.m. Sunday. Fredericksburg Herb Farm. [www.herb-farm.com](http://www.herb-farm.com) 830/997-8615

20-22—FREDERICKSBURG: Trade Days Includes more than 300 vendors with antiques, collectibles, shabby chic and crafts. Hwy. 290 E. [www.fbgtreatedays.com](http://www.fbgtreatedays.com) 830/990-4900 or 210/846-4094

20-22—NEW BRAUNFELS: New Braunfels Swap Meet & Car

Show Features items and show for classic and collectible automobiles. Comal County Fair Grounds. 830/620-5950

20-29—SAN MARCOS: Central Texas Golf Fest Largest amateur golf festival in the country offers three days of golf and three nights of entertainment. [www.sanmarcoscharms.com](http://www.sanmarcoscharms.com) 888/200-5620

21—BEND: Earth Day Celebration Take a self-guided tour to spectacular Gorman Falls. See Gorman Cave and hike the Pat Copeland Trail to Gorman Springs. Reservations recommended for cave tours. Colorado Bend State Park. 325/628-3240

21—BOERNE: 15th Annual Texas Corvette Association Open Car Show Includes music, food vendors, a silent auction and raffle to win a 1978 Super Beetle. Main Plaza. [www.texas-corvette-association.org](http://www.texas-corvette-association.org) 210/422-5961

21—BOERNE: Antique Tractor Show & Pull Includes a tractor parade, tractor pull, home baked pie contest and live music. Agricultural Heritage Museum. [www.agmuseum.org](http://www.agmuseum.org) 830/249-6007

21—BOERNE: Cibolo Songs & Stories Mark's Brothers perform. Cibolo Nature Center. [www.cibolo.org](http://www.cibolo.org) 830/537-9184

21—BURNET: Texas Time Machine See the history of 1850s Texas unfold. A Plainsman from the era will be camping on the playground and giving ongoing living-history demonstrations. See black powder rifles, period cooking and survival skills displayed throughout the

(Continued on Page 30)



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# CIRCLE C RANCH

## Texas Events - (Continued from Page 29)

day. Inks Lake State Park. 512/793-2223

21—KERRVILLE: Earth Day Includes educational programs, poster contests, plant sale, food, games and more. Riverside Nature Center. [www.riversidenaturecenter.org](http://www.riversidenaturecenter.org) 830/257-4837

21—MASON: Republican Women's Home Tour View seven homes, including five established homes, one "before and after" now completed and one "before and after" currently under construction. 325/347-5116

21-22—AUSTIN: Bob Marley/Austin Reggae Festival Celebrates the king of reggae's birthday with music and Jamaican food. Auditorium Shores. [www.austinreggaefestival.com](http://www.austinreggaefestival.com) 512/773-5177

21-22—AUSTIN: Championship Cat Show 512/441-6575

21-22—AUSTIN: Citywide Garage Sale Palmer Events Center. [www.cwgs.com](http://www.cwgs.com) 512/441-2828

21-22—AUSTIN: Heart O' Texas Orchid Show Features hundreds of blooming orchids, plus helpful information from vendors and society members. Zilker Botanical Gardens Center. [www.hotos.org](http://www.hotos.org) 512/477-8672 or 512/345-3225

21-22—BOERNE: Parade of Artists Enjoy a self-guided art trail of more than a dozen studios and galleries in and around Boerne. [www.ciboloarts.org](http://www.ciboloarts.org) 830/816-1796

21-22—GRUENE: Old Gruene Market Days Features more than 100 vendors with uniquely crafted items, collectibles and packaged Texas foods. [www.gruenemarketdays.com](http://www.gruenemarketdays.com) 830/832-1721

22—AUSTIN: Distinguished Artist Concert II & Lecture [www.amozartfest.org](http://www.amozartfest.org) 512/371-7217

22—BURNET: Breakfast with the Birds Reservations required. Inks Lake State Park. 512/793-2223

22—CASTROVILLE: Annual Car Show Includes a swap meet. Lundquist Chevrolet Dealership. 830/931-9200

22-28—FREDERICKSBURG: Texas Woodcarvers Guild Spring Roundup & Show Features four days of classes and instructions. Show and sale is two days. Visitors can watch classes at no charge or participate for a fee. Gillespie County Fairgrounds. [www.texaswoodcarversguild.com](http://www.texaswoodcarversguild.com) 432/563-2517

23—AUSTIN: David Sedaris This best-selling author/humorist returns to Austin with his sardonic humor. Bass Concert Hall. [www.austintheatre.org](http://www.austintheatre.org) 866/443-8849

24-25—AUSTIN: Dulce Pontes One World Theatre, 7701 Bee Caves Road. [www.oneworldtheatre.org](http://www.oneworldtheatre.org) 512/329-6753

26-28—KERRVILLE: Kerrville Senior Games Features competitive events for ages 50-plus. Includes bowling, basketball, softball, golf, swimming, track and field, bridge, tennis and more. Locations around Kerrville. [www.kerrvilleseniorgames.com](http://www.kerrvilleseniorgames.com) 830/896-4263

26-May 13—COTTONWOOD SHORES: Delval Diva's Community Theatre. 830/798-8944

27-28—GOLDTHWAITE: BBQ Goat Cook-Off Includes a live band, dance, barbecue cook-off contest, wild west show, live band,

(Continued on Page 31)

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## Texas Events - (Continued from Page 30)

car show, arts & crafts, best-dressed goat contest and 5-K run. Goldthwaite City Park and Courthouse Square. [www.goldthwaite.biz](http://www.goldthwaite.biz) 325/648-3619

27-May 20—GEORGETOWN: Arcadia Palace Theatre. 512/869-SHOW

28—AUSTIN: Austin Symphonic Band: Silver Anniversary Concert The band performs the world premier of a new composition by Randol Bass, commissioned especially for this event. Reagan H.S. Performing Arts Center. [www.asband.org](http://www.asband.org) 512/345-7420

28—AUSTIN: David Russell Begins at 8 p.m. Northwest Hills United Methodist Church. [www.austinclassicalguitar.org](http://www.austinclassicalguitar.org) 512/300-ACGS

28—AUSTIN: Eeyore's Birthday Party Costume contests, games, face painting, music and children's area are all part of the eclectic celebration for this popular Winnie the Pooh character. Pease Park. [www.eeyores.sexton.com](http://www.eeyores.sexton.com) 512/448-5160

28—BLANCO: Old Blanco Courthouse Gala Includes dance, live and silent auctions, and more. Old County Courthouse. [www.historicblanco.org](http://www.historicblanco.org) 830/833-2211

28—CANYON LAKE: Ninth Annual BBQ Cook-Off [www.canyonlakechamber.com](http://www.canyonlakechamber.com) 830/964-2223

28—KERRVILLE: Kerr County Market Day Shop arts & crafts, fresh grown produce and plants. Kerr County Courthouse Square. [www.kerrmarketdays.org](http://www.kerrmarketdays.org) 830/895-7962

28—LAMPASAS: Citywide Garage Sale 512/556-6555

28—NEW BRAUNFELS: Wine & Saengerfest Special heritage festival is blended with two old but familiar traditions in the city's rich German heritage — music and wine making. Hours are 10 a.m. to 10 p.m. Historic Downtown New Braunfels. 830/221-4090

28—STONEWALL: Let Feathers Fly Offers information about homing pigeons. Presenters give a brief talk about raising and training these birds. Lyndon B. Johnson State Park and Historic Site. 830/644-2252

28-29—BUDA: Buda Lions Country Fair & Wiener Dog Races Enjoy live music, bake off, barbecue cook-off, sanctioned chili cook-off, arts & crafts booths, kids games, food vendors, and the World Famous Wiener Dog Race. Buda City Park. [www.budalionsclub.com](http://www.budalionsclub.com) 512/565-0505 or 512/924-1250

28-29—GEORGETOWN: Red Poppy Festival Marks the coming of spring and the arrival of Georgetown's colorful springtime visitor — the red poppy flower. [www.redpoppyfestival.com](http://www.redpoppyfestival.com) 800/436-8698

28-29—KERRVILLE: Texas Gun & Knife Show Includes guns, knives, hunting gear, jewelry, books and more. Youth Exhibit Center, Hwy. 27 E. [www.texasgunandknifeshows.com](http://www.texasgunandknifeshows.com) 830/257-5844

*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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## Eating organic: Does it really matter?

*Submitted by Mason Arnold*

In a new study by The Organic Center, researchers found that that organic fruits and vegetables contain nearly 1/3 more antioxidants than those grown by the conventional methods. Antioxidants are naturally occurring substances in food that can help your body fight inflammation, reduce your risk of heart disease and cancer, and more.

Why do organic fruits and veggies have more antioxidants? There are two possible reasons — first, plants grown under organic methods tend to grow more slowly. Second, because organic farmers don't use the usual pesticides, their crops have to develop their own natural defense mechanisms, which include antioxidants.

Actually, this is just the latest in a long line of reasons why eating more organic foods makes good sense for your family, including:

- Exposure to pesticides and other toxins isn't good for your kids. For example, in November 2006, the official journal of The American Academy of Pediatrics published a study showing that high prenatal exposure to one of the most commonly used pesticides can cause significant mental and motor skill developmental delays.<sup>2</sup> And that's just one of the more recent studies.
- It's hard to get rid of pesticides and other toxins used in conventionally grown plants. For example, consider a pear: even after you rinse it off, the non-organic pear may still have up to 30 poisonous chemicals ingrained in its skin.
- The fast, "pumped up" growth of conventionally grown foods may mean they're not very good for you. According to Donald R. Davis, a Research Associate at the U.T.'s Biochemical Institute, "...modern crops that grow larger and faster are not necessarily able to acquire nutrients at the same,

faster rate, whether by synthesis or by acquisition from the soil."<sup>3</sup>

- Organics are probably even safer than conventionally grown foods. For one, there's no worries about irradiation or genetic engineering with organics. Organic farmers and processors are required to comply with extremely rigorous USDA requirements. Plus, when you support organic farmers, you're helping support sustainable, healthy environments.

Here in Austin, organic produce is easy to find. Stores such as Central Market and Whole Foods that carry a good variety of organics, and even more traditional stores like HEB and Target have a decent supply. The Downtown and Sunset Valley Farmer's Markets feature a wide selection of organic farmers (however not all vendors are organic providers).

Local farm stands such as the one at Boggy Creek Farm are a good option and a lot of fun to visit. If you can't get away from your work or family to make it out to the farm stand another option is Greenling Organic Delivery service. They work with local farms and deliver organic food to homes and offices.

1 "ELEVATING ANTIOXIDANT INTAKES: Highlights of a State of Science Review," released by The Organic Center, February 2007

2 "Impact of Prenatal Chlorpyrifos Exposure on Neurodevelopment in the First 3 Years of Life Among Inner-City Children." Authors: Virginia Rauh, Robin Garfinkel, Frederica Perera, Howard Andrews, Lori Hoepner, Dana Barr, Ralph Whitehead, Deliang Tang, and Robin Whyatt, Pediatrics, Vol. 188, No. 61845-1859. Published online November 20, 2006.

3 "Trade-Offs in Agriculture and Nutrition," by Donald R. Davis, FoodTechnology, Vol. 59, No.3, March 2005.

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## Sudoku

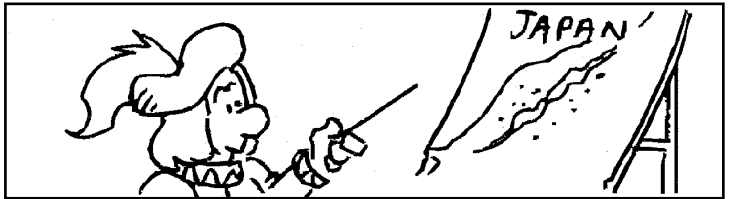
The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 8 |   | 5 |   |   |   | 9 | 4 |   |
| 9 |   |   |   |   |   |   |   | 2 |
| 1 |   |   |   | 7 |   | 5 |   |   |
| 7 |   |   |   |   | 1 |   | 5 |   |
| 5 |   | 4 |   |   |   |   |   |   |
|   | 2 |   | 3 |   |   |   |   |   |
|   | 1 |   |   | 9 | 8 | 2 |   | 7 |
|   |   | 8 |   |   | 2 |   |   |   |
|   |   |   |   | 4 |   | 8 |   | 9 |

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## Did You Know?



*Japan is called Nippon or Nihon in the Japanese language. Historians believe the Italian pronunciation (Cipango) of Marco Polo is the root of the English name of the island nation.*

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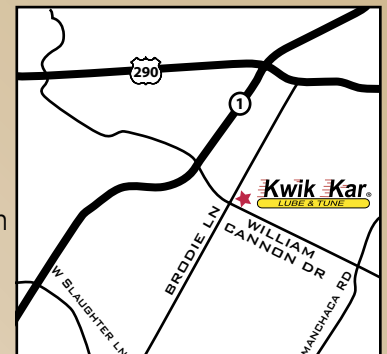
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# Local Restaurant Owner Caught Rolling a Fat One!



Local authorities reported today that John Haug, owner of the Cypress Grill, was caught rolling huge burritos in his new restaurant, **Taco Del Mar**. When asked to comment on his behavior, Haug said, "I couldn't help it, I was really hungry." Apparently, the Mission-style Mondo Burritos at Taco Del Mar will satisfy any craving. At the time, Mr. Haug was also in possession of all kinds of Tacos, Quesadillas and even Enchiladas and Taco Salads!

Suspicious were raised when neighbors noticed a lot of people coming and going from Taco Del Mar at 4301 W. William Cannon, Suite 120. It's located in The Shops at Arbor Trails, next to the new Costco (at Mopac and William Cannon).

Hungry police officers had to sample the delicious-smelling food to make sure it was "the real stuff." After eating the authentic Baja-style Fish Tacos, one officer said, "Whooooee – this stuff is goood!" After booking, Mr. Haug was released on bail of 50 braised chicken burritos and 25 Carne Asada Steak Tacos. You can see Taco Del Mar for yourself, 7 days a week for lunch and dinner or check it out online at [www.tacodelmar.com](http://www.tacodelmar.com). All the food is made to order right in front of you – you can get any burrito taco, enchilada, quesadilla or salad and choose from Braised Chicken, Braised Pork, Carne Asada Steak, Ground Beef or Breaded Fish to fill it up with. Nearby residents warn that the food there is "Really Addictive."



## What Is Massage Therapy?

*Submitted by Alicia Harrison*

Massage is one of the oldest, simplest forms of therapy and is a system of stroking, pressing and kneading different areas of the body to relieve pain, relax, stimulate, and tone the body. Massage does much more than create a pleasant sensation on the skin, it works on the soft tissues (the muscles, tendons, and ligaments) to improve muscle tone and help to repair any damage from overuse and physical stress. Although it largely affects those muscles just under the skin, its benefits may also reach the deeper layers of muscle and possibly even the organs themselves. Massage also stimulates blood circulation and assists the lymphatic system (which runs parallel to the circulatory system), improving the elimination of waste throughout the body.

### Some Benefits Of Massage:

1. Relaxing.
2. Soothing.
3. Healing.
4. Reassuring.
5. Eases tension, stiffness, and pain.
6. Improves breathing.
7. Improves circulation.
8. Enhances well-being.

### The Effects Of Massage:

Although a single massage will be enjoyable, the effects of massage are cumulative and a course of massage treatments will bring the most benefits. Regular massage (monthly at the least) can have the effect of strengthening and toning the entire body mechanism, and so help to prevent unnecessary strains and injuries that might otherwise occur due to excess tension and any resulting structural weaknesses. Massage can stimulate or calm the nervous system and thus help reduce fatigue, leaving the receiver with a feeling of replenished energy. At its best, massage has the potential to restore the individual physically, mentally and spiritually.

### Using Massage as Maintenance:

Massage therapy can be an excellent way to help maintain a low level of stress both physically and mentally. For athletes or regular exercisers, massage can keep soreness from setting in and alleviate any strains or fatigue from strenuous workouts. Everyone deals with mental and emotional stress from daily circumstances; massage can be a time for the mind and emotions to rest and release tension from a tough day at the office or with the kids. Begin to take advantage of massage as a way of life and not just a luxury for your body.

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## Little League Health Risks Anything But Minor

Baylor College of Medicine

Before letting young athletes play like the pros, know the risks – both physical and mental – of putting undeveloped muscles and bones to the test.

Dr. Joseph Chorley, assistant professor of pediatrics at Baylor College of Medicine in Houston, suggests parents wait for indicators of physical maturity before allowing their children to engage in intense, physically demanding activities and year-round sports. Indicators for boys include needing to shave and for girls, the beginning of menstruation, said Chorley, who is also a sports medicine specialist at Texas Children's Hospital.

"It is difficult to set an age at which kids should be allowed to throw a curveball (which puts undue stress on the shoulder and elbow) or play their sport of choice year-round," he said. "At 14, kids are at such different developmental stages than one another that the decision needs to be individualized."

Exposing a body too soon to intense physical strains can lead to serious injury. Chorley regularly sees adolescents and children with shin splints, stress fractures and knee pain from running cross country; ankle sprains and low back pain from soccer; shoulder strains and bursitis in swimmers; jumper's knee and shoulder pain from volleyball and little league elbow and shoulder pain from pitching in baseball.

As for playing sports year-round, children and adolescents should not only be developed and physically ready for the pressures but also emotionally prepared.

"Sports are a great way to enhance childhood, but they shouldn't take away from it," said Chorley. "Often parents lose perspective; only one in 10,000 high school varsity players will ever make money in pro-sports. We shouldn't have an all-or-nothing attitude of either belonging to the physically elite or being a couch potato."

Chorley says adolescents who are serious about year-round sports can do so if they can maintain appropriate weight and growth, perform without pain and injury and meet their unique nutrition needs. He does, however, caution against psychological burnout, which can take the form of flu-like symptoms and less enjoyment of the activity.

"Whatever a young athlete's choice of sport, whether contact is involved or not, it can be detrimental if the child is not physically, developmentally and emotionally ready," said Chorley. "Both parents and pediatricians need to be aware of the risks."

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**Circle C: 5:30pm - 6:30pm**



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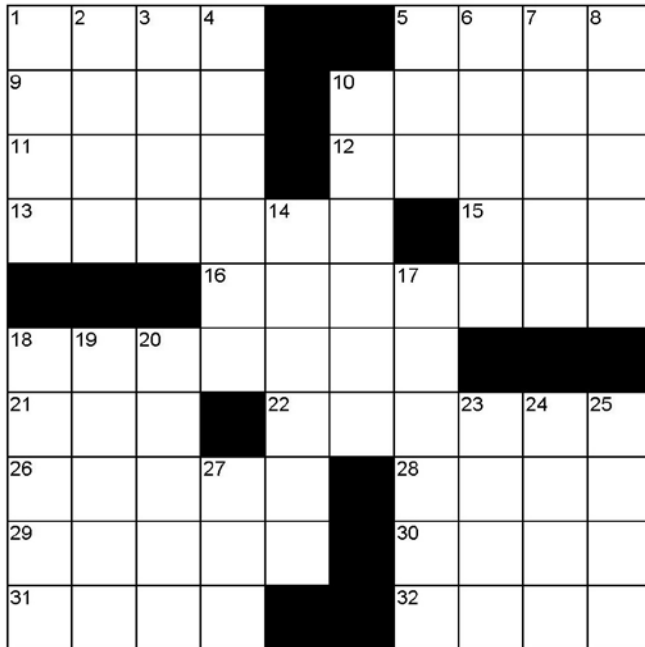
#### Contact Info:

Ricci "Kiwi" Newland

[bigkiwi@adventureteam.com](mailto:bigkiwi@adventureteam.com)

(512) 921-9476

# Crossword Puzzle



## ACROSS

1. American Civil Liberties Union (abbr.)
5. Wary
9. Set down
10. Chili con \_\_
11. Middle East dweller
12. Piano-like instrument
13. Scattered
15. Creative work
16. Spanish soap opera
18. Uncharged nucleon
21. Possessive pronoun
22. Public building
26. Defend
28. Recess
29. Inch forward
30. Plateau
31. Shallow area
32. Fresh

## DOWN

1. Alack's partner
2. Oxcart
3. Cheater
4. Straight
5. Automobile
6. Wild sheep
7. Tree knot
8. Gossiper
10. Escort
14. Earths
17. Make camp
18. African nation
19. Musical composition
20. Use
23. Fencing sword
24. Soviet Union
25. Hamburger, for example
27. Ump

Solution found at [www.PEELinc.com](http://www.PEELinc.com)

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## When The Pieces Come Together - The Puzzle Is Solved!



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## The live wire

**April 6, 2007** ..... Leeann Atherton  
Maria's Taco Express – 7:00PM

**April 7, 2007** ..... Will Taylor & Strings Attached  
(Encore Led Zeppelin Show)  
Nuttty Brown Cafe – 8:00PM

**April 7, 2007** ..... Kelly Willis  
Gruene Hall – 9:00PM

**April 12, 2007** ..... Ruthie Foster  
Shady Grove

**April 13, 2007** ..... Bruce Robison  
Broken Spoke

**April 19, 2007** ..... Grupo Fantasma  
Amplify Credit Union – Pond Springs Branch

**April 19-22, 2007** ..... Old Settler's Music Festival  
Salt Lick BBQ Pavilion/Camp Ben McCullough  
<http://www.oldsettlersmusicfest.org/>

**April 20, 2007** ..... Carolyn Wonderland  
Austin City Hall Plaza

**April 21, 2007** ..... Assorted Performers  
Republic Square - Austin Green Arts Earthday

**April 27, 2007** ..... Guy Forsyth  
Austin City Hall Plaza

**April 27, 2007** ..... Will Taylor & Strings Attached  
(Peter Gabriel Show)  
St. David's Episcopal – two shows 7:30PM / 10:00PM

*The "Live Wire" is not a paid advertisement or endorsed by the performers or venues. The list of suggested events is provided as a convenience in support of Austin's status as the "Live Music Capital of the World"; it is compiled from information available at the time of submittal, and may change. Readers are encouraged to validate accuracy with the performer or the venue.*

## Protect Your Family

Now is an excellent time to take a moment and check your records for the following documents:

- A Will
- Durable Statutory Power Of Attorney
- Medical Power Of Attorney
- A Living Will
- HIPAA Release

Do you have these documents? Do they reflect your current family situation? If you answered no to either question, I encourage you to contact me to schedule an appointment. As an added convenience, because I'm a Circle C resident, I will be glad to meet with you in your home.

My other areas of practice include:

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## Spring Is In The Air—it's Time For Family Fun In The Garden

*submitted by LCRA*

In a world of iPod's, computer games and DVDs, gardens are our nearest gateway to nature. Planting a garden with your children builds family relationships as well as stronger connections to the land, weather and plants of Texas.

When looking for a garden site in your yard, choose an area with good sun and access to water. If you have shallow or poor soil, consider creating raised beds. Have your child help decide the garden's shape by drawing shapes on paper and talking about how you might arrange flowers, herbs and vegetables in those shapes. Space permitting, consider creating a small arbor where overhead plants can create magical hideaways for children.

You may want to read through regional gardening books and seed catalogs with your child when choosing plants. Plants adapted to this area will be much easier to grow and keep healthy, and native flowering plants attract hummingbirds and butterflies. Avoid toxic



*Emma, age 3*

plants, and consider aromatic herbs and edible plants. If you choose to start some plants from seed, let your child create garden markers using either names or drawings to help recognize the plants when they germinate.

Find sturdy gardening tools. Many nurseries and garden centers have small spades and rakes that are the right size for children. Avoid digging with hand trowels unless the soil is very friable, or you are working in pots—small hands and wrists tire easily.

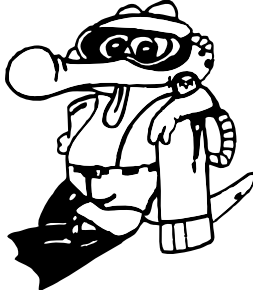
Use soaker hoses with timers to keep soil moist while your seeds are germinating. Keep a calendar to record when you plant seeds and when they germinate. Place a rain gauge in the garden to keep track of showers. Find a magnifying glass to peer at leaves, flowers and insects in your garden.

Keep your garden safe for everyone by avoiding the use of toxic landscape chemicals. Visit [www.growgreen.org](http://www.growgreen.org) for information on less toxic landscaping.

Finally, celebrate your harvest of wildflower bouquets, herbs for cooking, and tasty vegetables. Gardening with you will create lifelong memories for your children.

The Lower Colorado River Authority protects people, property and the environment in Central Texas. Subscribe to Currents, the LCRA newsletter, at [www.lcra.org/subscribe/currents](http://www.lcra.org/subscribe/currents).

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# Recipe of the Month:



## Mini Cheesecakes

- 12 vanilla wafers
- ½ C sugar
- 1 8 oz. packages cream cheese, softened
- 1 tsp. vanilla
- 2 eggs

Line muffin tin with foil liners.

Place one vanilla wafer in each liner. Mix cream cheese, vanilla, and sugar on medium speed until well-blended. Add eggs. Mix well. Pour over wafers, filling ¾ full. Bake 25 min. at 325°.

Remove from pan when cool. Chill. Top with fruit, preserves, nuts or chocolate.

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April 14<sup>th</sup> 2:00pm

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## Kidz Korner



Locate the names of eight healthy foods. Words can go vertically, horizontally, and diagonally.

Do it in less than 3 minutes and you are a Pro!

K  
i  
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W  
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r  
d  
s  
e  
e  
k

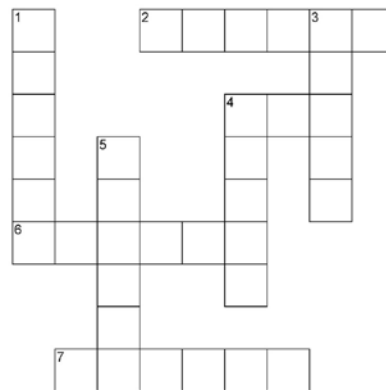
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| R | O | Y | E | R | V | I | T | P | M | N | F |
| Q | C | Q | D | A | R | K | T | P | B | U | W |
| L | C | N | K | Z | N | A | T | M | D | T | W |
| J | O | N | H | F | M | S | C | T | M | S | F |
| J | R | T | S | N | I | S | I | A | R | I | D |
| B | B | T | Y | X | C | M | G | J | S | D | J |
| G | N | K | F | Y | M | T | Y | H | R | H | H |

|        |       |          |         |
|--------|-------|----------|---------|
| APPLES | BEANS | BROCCOLI | CARROTS |
| FISH   | NUTS  | RAISINS  | RICE    |

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## Kidz Crossword Puzzle

**Instructions:** Match the correct answer with each clue to complete the puzzle.



### ACROSS

#### Clue

2. Travels into outer space
4. "Man's best friend"
6. Holds papers together
7. What a teacher gives

#### Answer

- Staple
- Grades
- Rocket
- Dog

### DOWN

#### Clue

1. What a magician does
3. National bird
4. Capital of Delaware
5. Removes mistakes

#### Answer

- Eagle
- Eraser
- Tricks
- Dover

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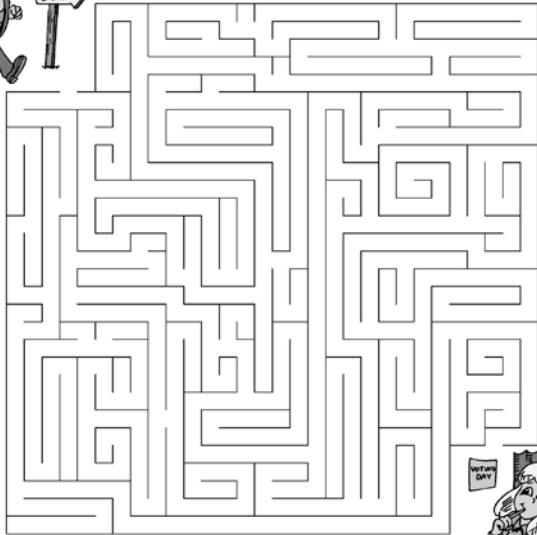
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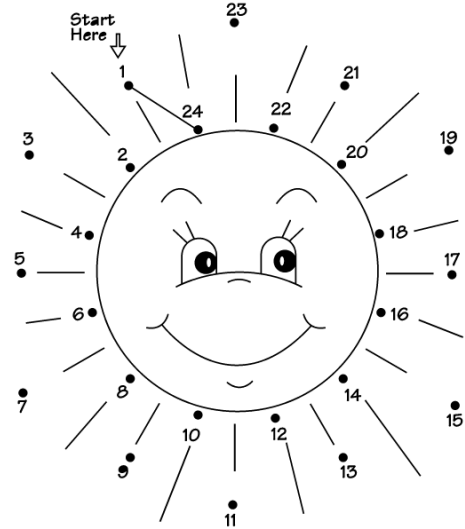
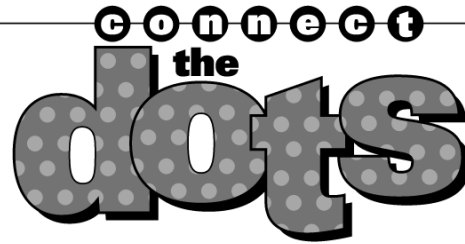
## Kidz Maze Mania



Help the concerned citizen find the way to the polling place so he can cast his vote for the election.



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*Steve Armstrong*  
PHOTOGRAPHY

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# Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

## Exercise and Asthma

Many people with asthma believe exercise is not an option for them, that it will do more harm than good. The truth is that most asthmatics would likely benefit from some form of regular physical activity.

### *The ABCs of Asthma*

Twelve percent to 15 percent of the population are considered asthmatics and suffer recurrent attacks of breathlessness. The severity of an asthma attack can vary greatly, from slight breathlessness to respiratory failure. Common symptoms include wheezing, a dry cough and tightness in the chest.

Attacks may be brought on by an allergic response, a respiratory infection, tobacco smoke, air pollutants, anxiety or stress. Exercise induced asthma (EIA) is usually brought on by vigorous aerobic activity.

### *Exercising with Asthma*

Despite the fact that asthma may be brought on by aerobic activity, exercise may still be a desirable option for many asthmatics. Research indicates that as tolerance for physical exertion is built up over time, it is less likely that an asthmatic will experience an attack during exercise. And, in addition to reducing the risk of developing many other diseases, appropriate exercise can help asthmatics reduce stress, sleep better and feel more energized.

It might surprise you to know that even world-class athletes, such as Olympic gold

medalist Jackie-Joyner Kersee, continue to compete after being diagnosed with asthma.

Have a thorough medical evaluation and obtain your doctor's permission before beginning any type of exercise program. This is an absolutely essential first step. Your physician may prescribe medications that might further aid in controlling your condition. You will need specific instructions on when to take the medication before exercising and how long the effects will last.



Once you have received clearance from your doctor to begin an exercise program, consider the following guidelines:

- ⇒ Take extra time to warm up before exercising. A prolonged period of low-level aerobic activity will help prepare your body for higher-intensity exercise.
- ⇒ Exercise toward the lower end of your target heart rate. Exercises such as walking or swimming are great for asthmatics because they are low intensity

and may be done for longer periods of time. Those who wish to participate in higher-intensity exercise, such as running or fast-paced sports, should slowly increase intensity over time. Rest when necessary and listen to what your body is telling you. Strength-training exercises are unlikely to cause an asthma attack if you rest between sets.

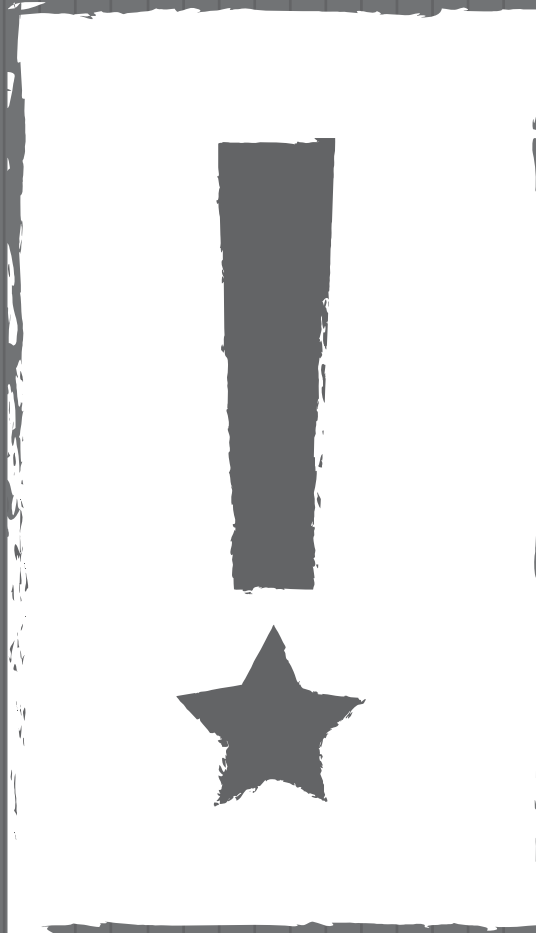
- ⇒ Avoid exercising in polluted environments, or in cold or dry air.
- ⇒ Don't rush through your cool down; extending it can help prevent the asthma attacks that occur immediately following an exercise session. A warm bath or shower may also help.

### *Keep Your Options Open*

Asthma does not necessarily mean you have to live an inactive life. Regular physical activity is one of the best things you can do for both your health and your overall well-being. As long as you and your physician are comfortable with your level of activity, nothing should keep you from doing the activities that keep you happy and healthy.

These exercises are listed in order from most to least likely to induce an asthma attack:

- outdoor running
- treadmill running
- cycling
- walking
- pool swimming



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## April Events Calendar

- 1 CircleCOpenHouse.com
- 6 Friday Night Live Music Series  
(Golf Club at Circle C)
- 7 Egg Hunt 9:30 a.m. (CDC)
- 13 Friday Night Live Music Series  
(Golf Club at Circle C)
- 13-15 Spring Plant Sale  
(Wildflower Center)
- 15 CircleCOpenHouse.com
- 20 Friday Night Live Music Series  
(Golf Club at Circle C)
- 20-22 Austin Open Golf Tournament  
(Golf Club at Circle C)
- 21 Community Wide Garage Sale
- 27 Friday Night Live Music Series  
(Golf Club at Circle C)
- 28 Girl Scout Wildflower Seed  
Planting off Escarpment  
(sponsored by AustinReps.com)

| Austin Real Estate Partners - Circle C Ranch Market Report  |   |                |                     |               |                   |                |                 |
|---|---|----------------|---------------------|---------------|-------------------|----------------|-----------------|
| Circle C Ranch by<br>Neighborhood   | 6 Months Sold History (Sep '06 - Feb '07) |                |                     |               |                   | Current Market |                 |
|   | Total                                     | Average        |                     |               |                   | Total          |                 |
|   | Homes<br>Sold                             | Square<br>Feet | Price /<br>Sq. Feet | Year<br>Built | Days On<br>Market | Available      | Pending<br>Sale |
| Circle C Central  | 30  | 2,767          | \$ 107              | 1992          | 56                | 10             | 12              |
| North   | 14  | 2,071          | \$ 124              | 1997          | 20                | 1              | 4               |
| Wildflower  | 12  | 2,392          | \$ 113              | 2002          | 35                | 0              | 3               |
| On The Park   | 4   | 3,216          | \$ 112              | 1997          | 19                | 0              | 2               |
| Vintage Place   | 8   | 2,922          | \$ 113              | 2005          | 78                | 3              | 3               |
| Hielscher   | 26  | 3,127          | \$ 115              | 2003          | 42                | 7              | 6               |
| West  | 12  | 3,508          | \$ 120              | 2005          | 73                | 8              | 7               |
| Park West   | 9   | 2,414          | \$ 135              | 2002          | 56                | 4              | 3               |
| Park Place  | 7   | 2,529          | \$ 118              | 2004          | 38                | 2              | 4               |
| Muirfield   | 4   | 3,482          | \$ 136              | 2006          | 85                | 9              | 7               |
| Enclave / Lacrosse  | 4   | 2,706          | \$ 116              | 2006          | 25                | 0              | 2               |
| Alta Mira   | 7   | 2,610          | \$ 128              | 2006          | 50                | 2              | 6               |
| <b>Circle C Ranch Total</b>   | <b>137</b>                                | <b>2,794</b>   | <b>\$ 117</b>       | <b>2000</b>   | <b>48</b>         | <b>46</b>      | <b>59</b>       |
| Corresponding Neighborhood Map on AustinReps.com  |   |                |                     |               |                   |                |                 |
| Market Report data was obtained from the Austin-Multiple Listing Service (MLS) on 03/09/07. 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. |   |                |                     |               |                   |                |                 |



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