



CIRCLE C RANCH

The Official Publication of the
Circle C Homeowner's Association

Newsletter

Volume 5, Number 1

January 2008

www.circlecranch.info

Amenities Committee Update

Submitted by Russ Hodes, Circle C HOA Treasurer

The Amenities committee, if you don't already know, has helped us develop an Amenities Master Plan, often referred to as the "RVI Plan" (with reference to the landscape design company that prepared it for CCHOA). Tony Gendron is the Chair, with members Brian Beasley, Bob & Melinda McKenna, and Julie Arevalo. Ryan Garcia and I are the board liaisons and long time members.

I want to report that we had a great year, which was capped off by the installation of two playgrounds. One is in Vintage Place and the other is in the Wildflower Park neighborhood. Funding was tight, but we managed to save room for both of these long overdue projects. We also secured an electronic copy of the plan on disc.

This committee is charged with planning and coordinating the entire neighborhood's needs for parks, playgrounds, trails, and other recreational additions. That's a major part of a Master Planned community, which previously boasted a huge soccer park, which is now owned and maintained by the city.

Next year, you can expect the playgrounds to get a second phase of infrastructure improvements (landscaping, trails, shade, and water). And, the same committee, joining with the Swim Center committee, has budgeted some additions to the main pool area. We hope to install some volley ball courts and install a fence further separating the pool area from the open field. But, the most pressing project will be to repair the leaking roofs over the Café and the new pool offices. We have secured an architect who found the original blueprints and re-designed the roof. We are seeking bids in December and hope to start work during the winter months.

Committee Members Appreciation Event in Feb.

Submitted by Russ Hodes, CCHOA Treasurer

The board would like to schedule an Appreciation function to meet and recognize the work that our CCHOA volunteers provide. They do a lot of the work behind the scenes, and CCHOA wants to make sure they know how much we appreciate their contribution. We intend to schedule a night in February to honor our committee chairs and their members at a local restaurant, so look for the announcement on our Web page and on the Homeowners' Forum.

NEW PROVIDER for Solid Waste & Recycling Services

As you are by now aware, the City of Austin has taken over the solid waste and recycling services for Circle C (with the exception of gated communities who opted to stay with Allied). If you had any problems having your old trash container being picked up by Allied, contact them directly at 247-5647. With the delivery of your City of Austin containers you should have received an information packet. Circle C will be part of the City's "All in One" program which means that everyone has two (96) gallon containers, one for solid waste and picked up every week and one for recycling picked up every other week. You can obtain more information on the City's recycling program at <http://www.ci.austin.tx.us/sws/default.htm>, keep in mind that all recyclable items will be put into one can.

Annual Report Coming in February

The CCHOA will print its' annual report in the February 2008 newsletter (it has been printed in January in the past) in order to include the 2007 Income and Expense Statement.



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

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Russ Hodes.....	Treasurer
Cindy Groves	Secretary
Sam Irwin.....	Board Member
Michelle Moran.....	Board Member
Cynthia Moreland	Board Member
Contact Information	Email: directors@circlecranch.info

IMPORTANT NUMBERS

BFI (Allied Waste).....	247.5647
Dead Animal Collection.....	974.2000
Abandoned Vehicle	974.8119
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Stop Signs	457.4885
Street Light Outage.....	505.7617
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Kiker Elementary.....	414.2584
Mills Elementary	841.2400
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Bowie High School.....	414.5247
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CCHOA Announcements

Circle C West Pool and Amenity Center Update

Submitted by the West Pool Committee

The West Pool Committee continues to work toward developing three concepts for our second swimming pool and amenity center to be located on Circle C property at Spruce Canyon and La Crosse. The committee decided to publish a Q and A article this month to answer questions about this project.

Question: What does “developing three concepts” mean exactly?

Answer: Conceptual drawings and other material such as estimated costs will be developed for three different levels of total project costs. The levels chosen are \$1.6, \$3.0, and \$4.0 million. This represents what the committee views as a bare bones facility and two levels of upgrades to include more of the features that have appeared on community surveys.

Question: When can I see the “three concepts”?

Answer: The committee is working on a first draft which should be available by the end of December. You can attend committee meetings to hear the latest or let the committee know that you would like to see the draft as soon as it is available and a copy will be made available. Remember this will be a draft and will go through several versions before being finalized by the committee. After presenting plans and hearing back from the community, the CCHOA Board of Directors (BOD) will make the final determination.

Question: I have heard that an amenity fund is available to pay for this pool. What is that all about?

Answer: For the past several years a \$1000 contribution has been collected at closing for

each new home sold in Circle C. This money is designated to be spent on the new pool and cannot be used for any other purpose. The fund now totals more than \$1.2 million and is estimated that it will grow to about \$1.6 million. Since the fund was established by the developer Gary Bradley it was part of the bankruptcy and has been held in escrow by the federal court; the BOD is currently obtaining access to the funds. Permission has been received to spend limited amounts from the fund for preliminary work on the pool project.

Question: Has the impervious cover allotment been obtained for the property?

Answer: Yes, the BOD has negotiated an agreement with the city of Austin and now has sufficient impervious cover in the bank

(Continued on Page 5)

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CCHOA Announcements Continued

CC West Pool - (Continued from page 4)

for all our requirements. The concept of impervious cover (IC) became prevalent in Austin several years ago as part of the clean water environmental movement. The idea is that sufficient clear ground must be preserved so that rainwater can percolate through the earth to achieve natural filtration rather than run on top of impervious cover such as concrete to carry toxic materials directly into waterways. IC has become a traded commodity much like mineral rights which can be owned independent of land with which it is associated. Since there was no guarantee from the bankruptcy court that enough IC would be available from that held by the court, the CCHOA was reluctant to accept ownership of the land, which carries the legal responsibility for constructing the pool. Thus the very complex recalculation of impervious cover in every tract of land owned by the HOA was undertaken and had to be confirmed by city officials. For those not familiar with the term IC, this is the area of a structure footprint taken as a percentage of the total area of the property. For example if your home had 2,000 square feet and was on a 10,000 square foot lot the IC would be 20%. Maximum allowable IC is set by city ordinance.

Question: Is the committee recommending a joint project with the Child Development Center (CDC)?

Answer: The committee is in the process of developing the "three concepts" as stated above and is considering many options. Since the history of the CDC is largely unknown in the community a brief summary may help to understand how this idea came about. The CDC was part of the original vision of the developer Gary Bradley. It was financed partly by Bradley and partly by fees collected on new home sales much like the west pool amenity fund was created. CDC is a non-profit that is governed by a board of volunteers who all live in Circle C. The idea of a partnership with the CDC to achieve benefits that would not be financially manageable otherwise is being considered. The committee has listened to residents concerns about year round increased traffic congestion and noise that a CDC facility would bring. The potential to share costs for features such as parking lots, lighting, landscape, utility infrastructure, and a large community center will be a significant consideration also. The intention of the committee is to do a thoughtful analysis of the advantages and disadvantages of a partnership, develop concepts with and without the CDC for direct comparison of costs and benefits, and to present all information to the BOD and community to enable a decision in the best interests of Circle C.

Question: Why has the homeowners' association decided to build a second pool?

Answer: The liability to construct and finance the second pool (the west pool) belonged to the original developer of Circle C Ranch. Because that developer is now bankrupt, the HOA is working with the bankruptcy trustee to transfer the land and funds that were to be used for the west pool into the control of the HOA so that the HOA can complete the project. The new pool is needed to relieve overcrowding at our current facility as well as to add community-desired features that don't exist at present. Maintaining homeowner

(Continued on Page 6)

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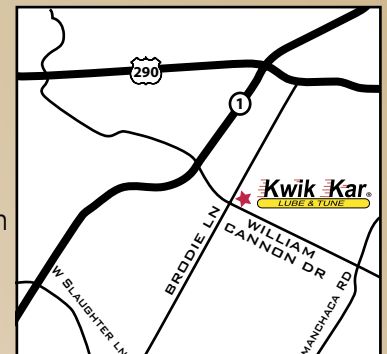
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CCHOA Announcements Continued

CC West Pool - (Continued from page 5)

value is important to Circle C residents and enhanced amenities will help us to remain competitive with other neighborhoods. Both pools will ultimately serve 4,500 homes.

Question: Why did the West Pool Committee recommend using TBG Partners for the three conceptual drawings?

Answer: The committee voted to recommend to the CCHOA Board of Directors the awarding of the contract to produce conceptual drawings and rough cost estimates of the new pool to TBG Partners.

The committee voted in favor of TBG without seeking two additional bids for several reasons: TBG has performed prior work for the CCHOA and is familiar with our needs and requirements, their bid was competitive with previous bids for similar services, and to expedite having a final product available to homeowners and the board prior to the annual CCHOA meeting in March.

The committee's recommendation was approved by the BOD and the contract awarded to TBG.

Question: How can I provide my comments to the committee?

Answer: The committee welcomes all input and you can send email to info@circlecranch.info, attend a committee meeting, or contact a committee member directly.

Committee news and meeting minutes can be found at <http://www.circlecranch.info/Committee.WestPoolDevelopment.asp>.

Board of Direction Elections

Submitted by the Nominating Committee

At the CCHOA Annual meeting you will be electing two new Board Members to serve three year terms. Ryan Garcia and Michelle Moran's terms will be ending. The Nominating Committee will be collecting questionnaires that can be down loaded from the Circle C Homeowner website, www.circlecranch.info. If you are interested in running, please submit a questionnaire by February 4, 2008. Once the questionnaire is received, the Nominating Committee will set up a time to meet with you and share information about serving on the Board. We hope to assist any interested people in understanding the time commitment and details of the position. Our goal is to better communicate all that is involved in serving on the Board. Once the nominating committee has met with each person, there will then be a Candidate Forum hosted in March for the Homeowners to hear your ideas and views. If you have any questions, please email the HOA office at info@circlecranch.info

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CCHOA Announcements Continued**2008 Directory**

We will be collecting new or updated information for the 2008 newsletter now through February 5th. In order to be included in the directory we MUST have a Homeowner Information Form on file (form included in this newsletter). You can fax to 288-6488 or mail to 5919 La Crosse Ave, Suite 100 Austin, Texas 78739.



Holiday Lighting Contest Winners on Website

Submitted by Denise Nordstrom, CCHOA Mgr.

Thanks to all the judges who volunteered for the CCHOA Annual Holiday Lighting Contest! Unfortunately the contest was not yet over at the time of this publication, but you can find a list of winners on the HOA website.



Keep bringing us your aluminum soda can pop tabs!

The HOA has been collecting aluminum soda can tabs in the management office (thank you to everyone who has donated) so please do not throw your cans away without taking off the tabs. The tabs will be donated to the Ronald McDonald House Charities of Austin and Central Texas. To read more about the Ronald McDonald House Charities of Austin and Central Texas, you can visit <http://www.rmhc-austin.org/> Thank you to Circle C resident Bob Hendee for helping us coordinate this effort.



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CCHOA Announcements Continued

Circle C Children's Holiday Party a GREAT Success!

Submitted by the Special Events Committee

Thank you to everyone who helped put together the Annual CCHOA Children's Holiday Party held December 1st at the Circle C Child Development Center. As you can see from the photos, fun was had by all.



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CCHOA Clubs & Announcements

Escarpment Village – Local business owners joined together to celebrate the holiday season.

Submitted by Melinda McKenna

Kristin Belt and Melinda McKenna conspired to create a community event in Escarpment Village (a shopping center at the corner of Escarpment Blvd. and Slaughter Ln.) somewhat akin to first Thursdays on S. Congress. The idea was to craft an event that would highlight the unique personality of each business in the center while bringing holiday cheer to the community. Thus the first annual Celebration at Escarpment Village was born.

Area residents came out on Saturday, December 8 to enjoy special offers and a festive place to do their holiday shopping. From cider and cocoa, jewelry and fashion shows, deep discounts and specials, bands and bagpipers, holiday crafts and homemade tamales, to a fire truck and even Mr. Claus himself, the day offered something for everyone. Local artisans and home-based business owners were given a place to display their wares and the Bowie HS band and theatre department were on hand to entertain patrons.

Melinda McKenna thought the day was, "awesome. I think it was a great first year, and next year will be even better!"

Candice Rush, event organizer, was also pleased by the community

reaction. "The bagpipers were my favorite," she said, "and when they played Amazing Grace, there were actually people crying!"

Circle C resident, Patti Aldridge thought the event lent to a "small neighborhood feel" and hopes that the event will continue to foster a "fun street vibe."

Daphne Bamburg, another event organizer, said the purpose of the event was to promote the center but also to "give something fun and meaningful to the community and to provide an opportunity to enjoy each other."

... Which is exactly what the season is all about.



On Saturday, December 8th, the James Bowie High School Band provided entertainment for the Grand Opening festivities at Escarpment Village located on Slaughter Lane in Austin. The Band accepted donations during the performance that will be used to defray the expenses for the 2008 Macy's Thanksgiving Day Parade trip. The Bowie Outdoor Performing Ensemble was one of only four high school bands invited to perform during the famous parade. To make a donation to the Bowie Band, contact the Band Booster's VP of Fundraising Phil Hiller at 288-4860 or philler@austin.rr.com.



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CCHOA Clubs & Announcements Continued

SW Austin Marketing/Sales and Business Owners Meeting

Submitted by Bob McKenna, Circle C Ranch Resident

Did you know The Live Oak Network, a professional business referral organization, was rated #1 in membership and referrals generated in 2007? 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, financial services, trades, or 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
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The \$10.00 meeting fee includes a healthy breakfast and beverages.

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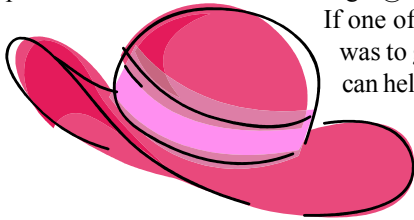


CCHOA Clubs & Announcements Continued

"The Pink Hat Society of Circle C is accepting new members.

Submitted by Deidre Brightman

We are a diverse group of ladies "of a certain age" and meet the second Tuesday of each month at Nuevo Leon at 7 PM in their party room. We began in August 2005 and presently have 35 members but welcome any newcomers to our group. The various activities include Book Club, Bunco, Knitting Group, Mah Jongg, Mexican Train, WINOS (Women In Need Of Shiraz) and others. We celebrate First Friday and usually go to a live music venue, schedule Movie and/or Lunch Dates, and have loads of fun and laughter at everything we've done so far. Join us, bring fresh ideas, \$1 "dues" each week for our slush fund. If you need additional information or want a Club Member list to see if any of your neighbors have already joined, please send me an e-mail at dkbright@austin.rr.com or call 291-2269.



If one of your New Year's resolutions was to get out of the house more, we can help! Hope to see you on the 2nd Tuesday in January (the 8th) at Nuevo Leon"

AMD Moving to New Campus Soon

The new AMD Lone Star campus, located in Southwest Austin at William Cannon and Southwest Parkway, is approximately 80 percent complete. Employees will begin moving in at the end of the year. Since breaking ground in spring 2006, construction of the five buildings, three parking garages, and a Central Utility Plant has remained on schedule, despite a rainy year. Two of the buildings and two parking garages are built, and furniture will start being moved in this month. Native plants and grass salvaged from the site more than a year ago have been cared for by experts at the Lady Bird Johnson Wildflower Center and will be replanted over the next few months.

AMD is coordinating a phased move beginning the last week in December through the end of March, which will help minimize disruption to AMD's business and the nearby Oak Hill community. By carefully preparing for the transfer of operations to the new campus, AMD hopes to ensure a smooth move-in process for the 2,600-plus employees and contractors who will soon be working at the site. For more information, see:

http://lonestar.amd.com/en-us/newsletter_2007Q4/lone_star_full.html#newcampus.

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CCHOA Clubs & Announcements *Continued*

TEN TIPS TO AVOID CROWDS

Submitted by A. Thompson

Feeling a bit stir crazy after the holidays? Looking to get out of the house for some family fun? So is everyone else this time of year. But there is hope. A little pre-planning can help you enjoy your next family escape.

Ten Tips to Avoid Crowds at Museums, Parks, Zoos and other Family Adventures

1. Go mid-week. Wednesdays are usually slow.
2. Go when the doors first open, or an hour before closing if this is not your kids' melt-down hour.
3. Avoid weekend afternoons. Indoor exhibits will be particularly crowded on rainy weekend afternoons.
4. Skip the first and last weeks of blockbuster exhibits.
5. Purchase a membership if available. You're more likely to visit, and memberships allow you to make frequent, short visits without worrying about wasting money.
6. Purchase tickets online ahead of your visit. This speeds your entry and often saves you a buck or two.
7. Call ahead. Ask about the slowest days. Ask if school trips or conventions are scheduled that day.
8. Avoid deep discount and free days. These are perhaps the busiest days.
9. Go left when you enter. Most people will turn right upon entering. Most will stop at the first thing they see, so be sure to go deep.
10. For outdoor fun, travel in the off-season. Visit national parks before the summer, ski areas after the holidays, or warm-weather resorts before spring break.

From a survey of family attractions, the following are typically the busiest of days and times:

- Between 11:30 am and 2:30 pm on weekends
- School holidays
- Weekdays during July and August
- Saturdays in May, September and October
- Easter week or Spring Break
- Labor Day weekend
- Day after Thanksgiving

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CCHOA Clubs & Announcements *Continued*

Ring in the New Year with these special dates!

Submitted by the Community Service Committee

January 1st It's here before you know it. Every New Year's Eve the song, Auld Lang Syne is sung at midnight by almost every English-speaking country in the world to ring in the New Year. Even with its popularity, it is known as the song that nobody knows. So...for next year's resolution, want to try to have the song memorized?

Auld Lang Syne: English translation:

(Written by Robert Burns in 1741, it was first published in 1796 after Burns' death. "Auld Lang Syne" literally means "old long ago," or simply, "the good old days.")

*Should old acquaintance be forgot,
and never brought to mind?
Should old acquaintance be forgot
and days of auld lang syne?*

*For auld lang syne, my dear,
For auld lang syne,
We'll take a cup o' kindness yet
For auld lang syne*

*And surely you'll buy your pint cup!
And surely I'll buy mine!*

*We two have paddled in the stream,
from morning sun till dine (dinner time);
But seas between us broad have roared
Since auld lang syne.*

*And here's a hand, my trusty friend,
And give us a hand o' thine;
We'll take a right good-will draught,
For auld lang syne*

*Should old acquaintance be forgot,
and never brought to mind?
Should auld acquaintance be forgot
and days of auld lang syne?*

*For auld lang syne, my dear,
For auld lang syne,
We'll take a cup o' kindness yet
For auld lang syne*

*And we'll take a cup o' kindness yet,
For auld lang syne.*

Top 10 New Year's Resolutions (see any of yours?):

1. Spend more time with family & friends
2. Get Fit
3. Tame the bulge
4. Quit smoking
5. Enjoy life more
6. Quit drinking
7. Get out of debt
8. Learn something new
9. Help others- VOLUNTEER!
10. Get organized

(Continued on Page 15)

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CCHOA Clubs & Announcements Continued

Ring in the New Year - (Continued from page 14)

January 8th- The BCS Championship Game

What a crazy college football season this year! What else can you say? In the past the BCS championship game rotated among the Fiesta, Sugar, Orange, and Rose bowls. Now the BCS championship game is played after those four bowls but continues to rotate among the same four cities. The No. 1 & 2 teams do not play in one of the existing bowls. Think of the championship game as a "fifth" BCS bowl which brings the total number of teams to 10—the champions of the ACC, Big East, Big Ten, Big 12, Pac-10, and SEC, as well as four at-large teams. This year, after such a wild season, the No. 1 & 2 teams, LSU and Ohio, will play in the BCS Championship game in New Orleans, home of the Sugar Bowl.

January 21st- MLK Day

The 2008 MLK holiday will mark 40 years since the assassination of Martin Luther King. To help turn attention into a positive event the MLK Corporation is supporting a new initiative: "40 Days of Nonviolence: Building the Beloved Community." This concept reflects service that is done every day including mentoring at-risk youth, making neighborhoods safer, teaching children to read, etc. Consider joining Circle C's "Community Service Committee"! Volunteers are always welcome!

February 2nd- Ground Hog Day

Punxsutawney Phil comes out of his burrow on Gobbler's Knob to predict the weather for the rest of winter. If he sees his shadow, there will be six more weeks of winter weather. If he does not see his shadow, there will be an early spring. Any predictions?

February 3rd- Super Bowl Sunday

Super Bowl XLII will be held in Glendale, AZ at the University of Phoenix. Kickoff is at 4:18 p.m. on Fox station. Have you planned your party? Any predictions as to who is going to the Super Bowl this year? **GO COWBOYS!**

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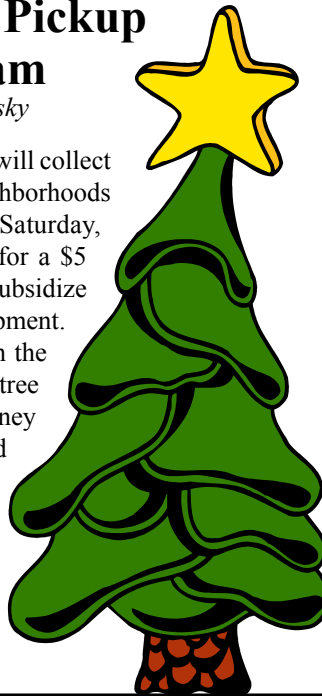
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CCHOA Clubs & Announcements Continued

After-Christmas Tree Pickup Bowie Tennis Team

Submitted by Leanne Jakubowsky

Recycle your Christmas tree! The Bowie Tennis Team will collect Christmas trees in the Circle C and Shady Hollow neighborhoods on Wednesday, January 2 at 9 am and then again on Saturday, January 5 at 9 am. The Bowie Tennis Team is asking for a \$5 - \$10 donation for the team's hard work and efforts to subsidize uniforms, upkeep of tennis courts and purchase of equipment. Pickup is by reservation only. Have your tree outside on the sidewalk by 9 am. You may leave a check attached to the tree or one of the team members will be glad to collect the money from you at the time of pickup. The trees will be recycled and mulched. The Bowie Tennis team is #3 in the city. Support our team and a greener Austin! Please email this information: name, phone number, address and pickup day to BowieTennisRules@yahoo.com or alternatively leave a message with the Rientras at 301-4144.



Free Clear Your Clutter Day Event

Submitted by Susan Hale

In honor of GO Month (Get Organized Month) the NAPO-Austin chapter is hosting a Clear Your Clutter Day on Saturday, January 19, 2008, at Lifetime Fitness® from 10:00 a.m. until 2:00 p.m. Bring any* items you want to donate, recycle or large household items you just need to get rid of to this free event. Goodwill® and Junk Busters™ will be on site to haul donations and other items free of charge. Central Texas Secure Shredding will also be onsite for free paper shredding services limited to one box per car.

* Junk Busters™ and Goodwill® cannot accept hazardous materials including but not limited to: paint, batteries, gasoline and oil.

For more information about the event visit www.napo-austin.com or contact Susan Hale at susan@ubeuinc.com.

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CCHOA Clubs & Announcements *Continued*

Single Member City Council Positions

The city has posted a notice that they are holding meetings around the city about Single Member Districts. Currently, of course, we elect 7 council members at large, voting for 2 or 3 every two years. A Single Member would probably mean that one person could be more accountable to a specific area of the city. There are a number of Pros and Cons to consider. Most plans would have the council expand to more places and that would cost more, too. You can go to the following link and take a survey and share your own comments about single member districts. <http://www.ci.austin.tx.us/charter>

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CCHOA Clubs & Announcements *Continued*

Bark Busters Offers Tips for Bringing Home a Puppy

By Paula Hufford

A new furry friend can be a bundle of joy, but a canine companion comes with the responsibility of guardianship.

Austin, Texas —More than a million puppies were given as gifts this holiday season. To help new pet parents prepare, Bark Busters, the world's largest dog training company, has compiled a series of essential tips based on the experience of the company's worldwide network of dog behavioral therapists.

"The love and laughter that comes with a new puppy epitomizes the joy of dog ownership," says Paula Hufford, Bark Busters dog behavioral therapist and trainer. "But while puppies are cute and cuddly, accepting the role of guardian for a new pup comes with significant responsibilities. Be certain that you or the recipient is ready for such a commitment."

Tips for the New Arrival

Before you bring home your puppy, have these supplies on hand:

- A crate is an invaluable tool when housebreaking a puppy. It also provides your young dog with a sense of security when you are busy or away. However, never leave a puppy in a crate for longer than 4-5 hours.
- Bedding should be thick enough for comfort and sized appropriately for the breed. Be aware that some puppies that are left unattended for too long may chew their bedding.
- Baby gates serve as a great training tool in that they can be used to block off "restricted" areas of the house and help to teach your puppy what areas are off limits.
- Dog-appropriate toys, like the puppy-sized Kong™, are the smart choice. Although children's toys look cute, they can prove hazardous. Never use old clothing or shoes as toys; a puppy cannot differentiate between your old and newly bought items. Stick with size-appropriate toys for your breed. Always supervise your puppy when he is playing with toys that contain squeakers as they can be a choking hazard.
- Two dog bowls: one for fresh water and one for quality dog food. Consult your veterinarian for food recommendations.
- A well-fitted collar and leash are a must for training and safety during outdoor excursions. Avoid chain leashes; a soft cotton leash is a better alternative.
- A pet ID tag allows your puppy to find his way home should he roam. You may also want to microchip your puppy at your next vet visit.
- Brushes and dog shampoo will eventually be needed for every breed.
- An odor and stain eliminator is a cleaner you will want on hand for those inevitable toileting accidents.
- A veterinarian should be researched and chosen beforehand. You will want a contact should an emergency arise. Introduce your new puppy early to the vet and learn what vaccinations he will need.

Tips to "Puppy Proofing" Your House and Yard

In addition to the essential supplies mentioned above, ensure your home and yard are safe for the exuberance of a new puppy.

- Remove potential hazards—anything that would make an enticing chew toy—such as power cords, window blind cords, potted house plants, children's toys, coins, batteries, shoes and clothing, garbage bins, and anything "bite sized" that could be ingested by a curious puppy. Outside, remove bite-size rocks, sticks, fertilizers, gardening tools and equipment. Also, be mindful of toxic household and garage items, such as antifreeze, detergents, mothballs and tobacco products.
- Large and unstable objects should be moved out of harm's way. These objects could potentially fall on your inquisitive puppy as he explores his new surroundings.
- Move anything cherished or breakable to higher ground. Puppy tails have a way of sweeping a coffee table clean.
- Get on your hands and knees—at the puppy's view—to look for potential

problems. If you think an item could be a hazard, remove it. It's better to be safe than sorry.

Tips for the First Day Home

Your pup will be excited and anxious in his new environment. It is your job to make him feel safe and comfortable.

- Be patient. Although accidents will happen, do not reprimand your puppy during the first 24-48 hours while he is acclimating to the new environment. But do praise him profusely when he does something positive. This will start your both off on the right foot.
- Structure is a must. Have a planned schedule from the day your pup arrives—especially when trying to housebreak. Take your puppy outside frequently, and stay with him so that you know he has toileted.

(Continued on page 19)



CCHOA Clubs & Announcements *Continued*

Tips for Bringing Home a Puppy- *(Continued from page 18)*

- Getting acclimated will take him some time. Show your pup where he will be eating, sleeping and toileting. As your puppy adapts to his new surroundings and routine, he will feel more comfortable.
- Naps are important for a puppy. Be sure to give him the space and time he needs to relax. Try not to overwhelm your puppy. He is like a new baby, and will need frequent naps throughout the day.
- Start training early. Dogs are pack animals and seek authority and reassurance from the pack leader. Providing this leadership is key to managing a dog's behavior.

Tips for the First Night Home

The first night may prove to be a challenge as puppies often cry and whine throughout the night. Also, he probably will need to go out to toilet. Just as the daytime routine is important, so is the evening routine.

- Use the crate and bedding at night. As difficult as it is, avoid letting your pup sleep with you or any other family member. It could lead to behavior problems down the road.
- Your puppy's sleeping arrangements should be in a central location in the house. If you let your puppy sleep in your room, you may have trouble catching any shut-eye.
- Tough love should be your motto. Usually, a puppy takes a few nights to feel safe at night. Take him out to toilet every 4-5 hours.

Other than that, he will need to get used to sleeping on his own.

- If your puppy still has trouble sleeping at night, hide a ticking clock in his bed. The sound imitates the heartbeat of the mother and can sometimes soothe an anxious puppy. To simulate the warmth of his littermates, place a warm water bottle or oversized stuffed toy in his crate for added comfort.

Tips for the Future

- Picking a trainer can be a daunting or confusing task. Consult your veterinarian or research the best training options for you and your growing puppy.
- Keeping your puppy healthy starts with a visit to a veterinarian. Usually, a yearly exam and the vet-recommended vaccinations will keep your puppy in tip-top shape.
- Exercise your puppy regularly. A walk in the neighborhood or a trip to the park is good for mind and body—for both you and your dog. Be careful not to overdo it with young pups.
- Be consistent. Puppies learn through experience and association. The more consistent you are, the faster your puppy will learn and the better he will perform.

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Tony Ragan
Owner/Circle C Resident



CCHOA Clubs & Announcements *Continued*

The Down & Dirty on the Circle C Community Forums

If you searched for any information about Circle C on the internet, you may have noticed there are two websites running forums with information pertinent to Circle C residents. At first glance, these forums may appear to be identical, but they are not. Since there may be some confusion as to what these two sites are, I have decided to write this brief article outlining the details about each site.

Q: What is a "forum"?

A: A "forum" is a web site running software to allow users to read and post messages. A forum is also called a BBS, a bulletin board, a forum site, a discussion board, and many other names. A forum can be completely open to the public where anyone on the internet can read and post messages, it can be completely closed to the public where only a person with a username and password can read and post messages, or it can be partially closed/open.

The Circle C Homeowners Association runs a forum as an extension of the main CCHOA site. The link is www.circlecranch.info/forum. This forum was started by the CCHOA Board of Directors in late 2004. It is owned, operated, and paid for by the CCHOA. The content of messages posted on this forum is monitored by the CCHOA Board of Directors and governed by "The Model Code". According to the published CCHOA forum guidelines, any content deemed inappropriate by a majority vote of the CCHOA Board of Directors is deleted from the site.

In the fall of 2006, a motion about the forum was introduced and voted on by the CCHOA Board of Directors that caused a lot of controversy. The exact details of the motion and vote are not germane to this article except that this event led many people to believe the CCHOA Board of Directors was going to shut down the forum immediately. The fear that this valuable communication medium could be terminated at any time by a majority vote of the Board was the impetus for the creation of a new forum for Circle C residents independent of the CCHOA and the Board of Directors.

As a result, a group of Circle C residents and owners founded the site www.CircleCOwners.com and started a new forum at www.CircleCOwners.com/forum. This site is owned, operated, and paid for by this group of neighborhood volunteers. The site has published rules for posting messages and is designed to be as self-policing as possible. Registered users decide if a message is inappropriate and a poster/reader mediation process is used if a conflict does arise.

Both forums are fairly similar in operation, but the content tends to be different. Both forum sites require users to register before being allowed to post. Both forum sites require first and last name to register. Both sites even have the same appearance, at this time. The main differences between the sites are the content, who controls the content,

(Continued on Page 21)



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CCHOA Clubs & Announcements Continued

The Down & Dirty- (Continued from page 20)


who administers each site, and who pays for each site. Additionally, the CCHOA informs me the CCHOA forum attempts to identify a registrant as a renter or owner by comparing registration requests against the official CCHOA Homeowner database. The CircleCOwners forum attempts to do the same by comparing registration requests against publicly accessible records and communication with the registrant.

Now that you know the difference between the sites, all you have to do is go sign up. Happy posting!

Brian Pinsky, co-founder of CircleCOwners.com, email: circlecowners@gmail.com -owners/administrators/helpers for CircleCOwners.com include: Richard and Suzanne Relph, Brian Pinsky, Quentin Fennessy, and others

Circle C Newsletter

The Circle C Newsletter is a monthly publication mailed to all Circle C residents. If you have an article of interest to the community please submit to info@circlecranch.info by the 12th of the month. The newsletter can also be viewed online at www.circlecranch.info



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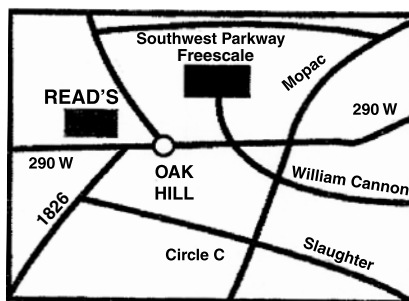
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School News

Kiker Elementary Sponsors Annual Community Event

May 3 & 4, 2008 - Join the Fun – Help Celebrate Another Fantastic Year of Community and Education

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 Saturday, May 3, 2008, at The Golf Club at Circle C. The event, coupled with an Auction, Dinner & Dance, is expected to raise more than \$30,000 for school-wide projects, student and classroom materials, and staff development.

More than 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 1:30 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 if registered by April 21, 2008. After April 21, a fee increase will apply.

On Sunday, May 4, 2008, 300+ community supporters will gather for Kiker's Annual 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. Participants will feast on a bar-b-que buffet and enjoy live music by Austin's own Third Language (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 students and placed in the Bowie, Bailey, Baranoff, Clayton and Mills newsletters in April. If you do not have a child attending one of these schools and wish to attend the Auction, Dinner/Dance, please contact Karen Syzdek at ksyzdek@yahoo.com, or visit Kiker's front office. You can help make the auction even better – donate an auction item by contacting Jenn Hunt at jennifer_hunt@academicsuperstore.com!

Sponsorship opportunities are available! Current sponsors include Academic Superstore, Hill Country OB/GYN Associates, 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, and Longhorn Trophies Inc. Contact Terry Lord at 414-2584 or tlord@austinsd.org. Sponsorship information is also available at <http://www.austinschools.org/campus/kiker/> and in Kiker's front office.

What's on the horizon for 2008?

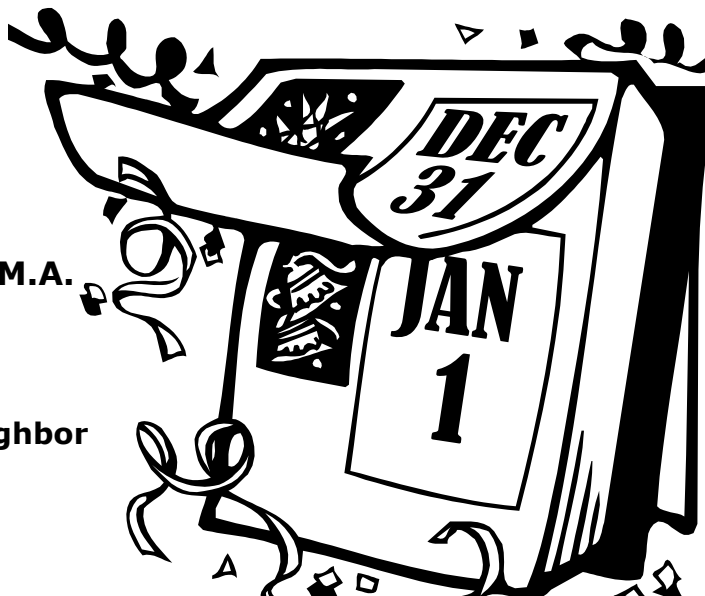
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School News Continued

Clayton Elementary Fun Run and Celebration: Sponsors Needed

Submitted by Catherine Thurk

The Fun Run and Celebration is Clayton's largest community event and will be held on Saturday, April 12, 2008. We are seeking sponsors now. If you work for or own a local business in the area and would like more information on the sponsorship levels, please contact Tara West, tarawest@austin.rr.com, (512) 632-3110. This exciting event includes a Fun Run for the kids, bouncers, games, food, a silent auction, live music and much more! This is a great way to support Circle C's community schools and market your business.

Clayton Landscapers Need You!

Submitted by Catherine Thurk

The landscaping committee is looking for people to help on a few special projects. We are hoping to finish up a dock project as well as create a running area for the kids at the back of the school. So, if your good with a hammer or would like to help create a new area for the kids to run, please contact Neil Brien. Any help is appreciated, and you don't have to have a child at Clayton to help. Neil can be reached at 461-1673.

International Night, Jan. 25, 2008

Submitted by Sarah Hahn

The Kiker Elementary PTA is hosting a family friendly "International Night of Cultures" celebration, Friday, January 25, 2008, 6-8 p.m. in the school cafeteria. The evening will be filled with delicious food, beautiful music and dance on our stage, as well as tables representing different countries. Admission is free.

We encourage you to come and bring a tasty addition to our global feast, as you share in the celebration, education, music. For more information, please contact Sarah Hahn at 394-9290 or sarahjo@austin.rr.com

* * *

PTA International Night Steering Committee:
Susie Klein, Pauline Davidson, Angela Schuckle, SarahHahn
Kevin_Susan_Klein@yahoo.com,
pdavidson1@austin.rr.com, aschuckle@earthlink.net

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Circle C Committees



Vehicle Vandalism in our Community

*Submitted by Lisa Schissler (lisschissler@aol.com)
Safety Committee chair*

A series of car vandalisms has been occurring all over Circle C. SUVs and vans, mainly, are having their windows shot out sometime in the night. On Nov. 12th Vintage Place was hit, on Nov. 19th Needham Lane and Back Bay addresses were hit, Nov. 25th the same family was hit again on Back Bay, and on Nov. 30th a neighbor was hit for the second time in Wildflower Park. Hence I am appealing to all who do not want their neighbor or themselves to be the next victim of this costly crime to be on the look-out for any suspicious activity you see or hear in the night. Call the City of Austin's non-emergency number (311) to have a police cruiser sent to your area.

On a separate note, The Circle C Safety Committee is looking for volunteers to discuss and resolve issues such as vandalism, traffic flow/speed, and lighting on a once a month basis. Contact me via e-mail if interested. Lisa Schissler at lisschissler@aol.com

Be Healthy & Be Safe

*Submitted by Lisa Schissler, Safety
Committee chair*

It's that time of the year again when many adults have made a resolution to get back in shape or at least take off the pounds they put on during the holidays. Jogging or walking are great for your waistline but may be dangerous to your overall health. I notice many pedestrians like to use the bike lanes along the main streets or avoid the sidewalks and stay on the asphalt on the side streets. This practice is very dangerous when the sun goes down and vehicle traffic increases. Please wear reflective clothing and/or shoes when out at night. Walkers would do well to carry a flashlight to help them navigate the uneven sidewalks. Even with reflective clothing or a flash light the bike lanes offer no protection from a vehicle that swerves out of its lane. Be healthy and be safe.

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Circle C Amenities

FOUR STAGES OF IMPROVING YOUR TENNIS GAME

Submitted by Fernando M. Velasco (USPTA Master Professional, Circle C Tennis Club)

Tennis players, as many other individual sports, need to have “personal” attention in order to improve their games. In my 35+ years of coaching, I have been successful improving games of players who have trusted me with their games, using the Four Stages listed below.

Stage One: Consistency

Our muscles react to repetition of something that feels good and natural. If a player needs work on a particular stroke, hundreds of balls need to be given so the production of their stroke looks the same regardless of where the ball is located. Consistency of grips, foot work, anticipation, point of contact and follow-through, need to be almost “carbon” copy of each other.

Stage Two: Control

Do you know that there are only eight shots that can be executed when you hit a groundstroke? They are: cross court, down the line, flat, top spin, slice, drop shot, lob and “miss-hits” Once a player reaches the consistency of getting the ball over the net and into the court, the player needs to start working on controlling the “where” and “how” type of shot. As players advance on control, they will combine these shots, such as “top spin cross court, slice down the line, top spin lobs, etc.

Stage Three: Depth

Most players want to hit the ball an inch above the net height. If players look at most of the great players, they will realize that most of the shots they hit are at least three feet over the net and land between the service line and base line of their opponents. The balls that are “skimmed” over the net, are usually passing shots when the players come up to the net, or great winners that only a Roger Federer or an Andy Roddick can do with great control and consistency.

Stage Four: Power

Once a player feels comfortable with the first three stages, then it is time to create Power. Unfortunately, most tennis players become injured by going to the Fourth Stage too quick into the game and become frustrated, thus ruining their weekend games and being sore for an entire week due to torn muscles. Power is generated mostly by good timing, good foot work, reading early where the ball will land, and by planning the shot even before the player gets to the ball.

Most players in League level 2.5 to 4.0 will end up winning their matches by mastering the first three stages, while the ones going to stage Four too quick, will be spending their time with ice packs and taking Ibuprofen pills until the next match and start the “vicious” circle again....

(Continued on Page 28)

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Kelly Peel, Sales Manager
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Circle C Amenities *Continued*

GREY ROCK

 GOLF CLUB

Dear Friends and Neighbors,

I would like to take this opportunity to say how much I appreciate the support this community has given The Golf Club at Circle C. It has been a pleasure to see you and your families enjoy the golf course, the live music and even the fireworks. We have had a lot of fun and look forward to many more years as a recreation hub for the community.

Speaking of the future, we have been hard at work bringing the promise of a bright future into focus here at the club. As a pure golf facility, our goal is to provide our guests with a first rate, full service golf experience. We have made many improvements over the last 5 years to improve the quality of this facility and the value of the community surrounding it. We have invested \$2 million dollars in capital expenditures, created a professional service staff, and increased the rounds of golf while increasing the rate. The effort brings more prestige and value to our already highly regarded neighborhood.

To take advantage of this success, we are proud to announce the re-naming and re-branding of The Golf Club at Circle C. As of January 1, 2008 we will do business as Grey Rock Golf Club. Grey Rock Golf Club will be a semi-private golf facility that emphasizes membership and membership activity. We will continue to cater to the Circle C neighborhood and at the same time broaden our customer base. We will offer exclusive access to the course at times for our members and allow public access as well. Golf activities and social events will be available to both the membership and to non-members.

This change will allow us the opportunity to offer quality service on a consistent basis. It will also draw attention to and create value to the lovely Circle C community and its assets. Please let me know if I can answer any questions for you. Better yet, come on by to see us at 7401 Highway 45.

Sincerely,

Chip Gist

General Manager/Director of Golf
Grey Rock Golf Club, 512-288-4297

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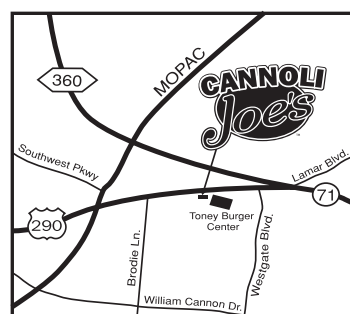
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Circle C Amenities Continued

January Events at the Lady Bird Johnson Wildflower Center

Submitted by Sarlee Tiede

January is free admission month

Cynthia Clerc's mixed media exhibit

Incorporating acrylic paintings with found pieces from the natural world, McDermott Learning Center. Friday, January 9, to Friday, February 29

Become a Wildflower Center Docent

Docent Training begins January 17

Center docents are Wildflower Center ambassadors. To become a docent, you must successfully complete a two-part learning program that combines eight weeks of classroom and field study with eight weeks of self-scheduled experiential learning. Classes are 9 a.m. to 3:30 p.m. every Thursday, January 1, through March 6. \$65 for current Wildflower Center members and \$100 for non-members. Call Carrie McDonald, 232.0102. Please register by January 11.

Rainwater Collection Weekend

Make the most of rainwater with the book and DVD, "Rainwater Collection for the Mechanically Challenged." Free bottle of drinking water, fresh from the clouds, with each purchase of a rainwater collection product. Saturday and Sunday, January 12 and 13

Tree Talk & Winter Walk - Get Wild & Woody

Explore the beauty of trees and shrubs and buy some of your own. Get tips on landscape design and tree maintenance with walks and talks led by staff and local tree experts. Be a part of central Texas history by purchasing your own tree grown from seeds collected from the LBJ Ranch. Habitat hikes and children's activities. 9 a.m. to 5 p.m. Saturday, January 26

Four Stages- (Continued from Page 26)

For more information about the Circle C Tennis Club and its programs, please visit our website" www.circlectennis.com. Our programs are open to both Members and non-Members of the Club.

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CIRCLE C RANCH HOMEOWNERS INFORMATION FORM

Please complete the following information and return to the CCHOA, 5919 LaCrosse Ave., #100, Austin, TX 78739 or by fax at 288-6488. These records are for the use of the Circle C Homeowners Association and are confidential. This form will be used to add you to the CCHOA database.

You must have a Homeowners Information Form on file in order to be in the directory. If you were in last year's directory, you do not need to re-submit.

LAST NAME: _____

FIRST NAME(S): _____
(Please print your name as you would like for it to appear in the directory.)

HOME PHONE: _____ WORK PHONE: _____

PHYSICAL ADDRESS: _____

*MAILING ADDRESS: _____

*Use only if you would like all official correspondence from the Circle C Homeowners Association sent to this address.

Indicate here if you **DO NOT** want your name, address and phone number listed in the Circle C Homeowners Directory.

_____ **DO NOT INCLUDE MY NAME IN THE DIRECTORY**

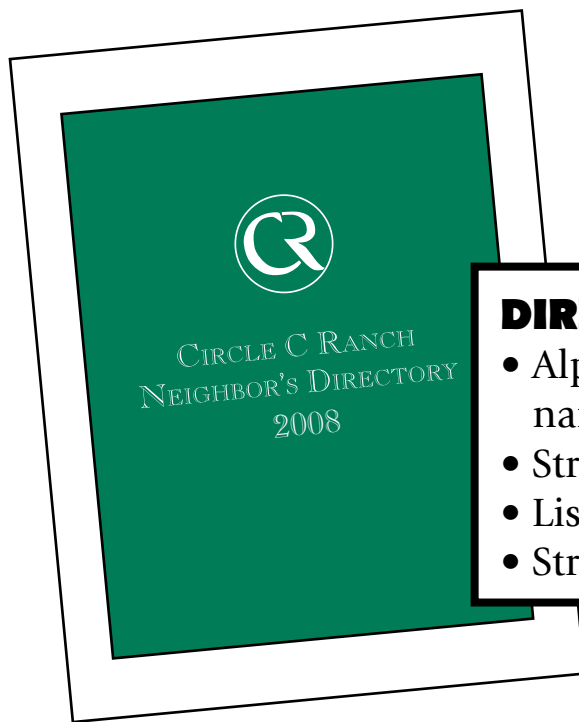
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2008 Circle C Ranch Directories

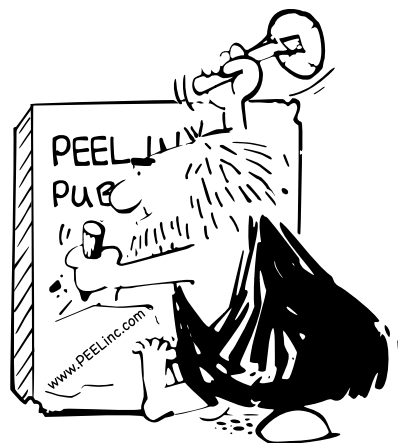
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Texas Events - January 2008

10-13—FREDERICKSBURG: Windows on Texas Music Festival Includes live Texas music, conferences and showcases at different locations around Fredericksburg. www.texasrebelradio.com 830/997-2197

11-12—AUSTIN: Austin Symphony Features pianist Benedetto Lupo performing Brahms' Piano Concerto No. 1. Riverbend Centre. www.austinsymphony.org 512/476-6064

11-12—BOERNE: Junior Livestock Show & Sale Kendall County Fairgrounds. www.visitboerne.org

11-12—FREDERICKSBURG: Gillespie County Youth Livestock Show Gillespie County youth exhibit and sell their 4-H and FFA animal projects. Gillespie County Fairgrounds. www.gillespiefair.com 830/997-2359

12—HONDO: Car Show Includes booths with arts & crafts and food. Along 18th St. between Avenues I and K. www.hondochamber.com 830/426-3037

12-13—BOERNE: Market Days Vendors offer arts, crafts, antiques, collectibles, unusual items and great food. Main Plaza. www.visitboerne.org 830/249-5530

14-15—KERRVILLE: The Romero Quartet Presents some of the finest classical guitar playing in the world. Kathleen C. Cailloux Theater. www.kpas.org 830/896-9393

17-20—KERRVILLE: District Junior Livestock Show FFA and 4-H members from Kerr and 31 surrounding counties compete. Youth Exhibit Center. 830/896-9016 or 830/257-6568

18-20—FREDERICKSBURG: Trade Days Includes more than 350 vendors, six barns, acres of antiques and more. Hwy. 290 E. across from Wildseed Farms.

19-20—FREDERICKSBURG: 39th Annual Gem & Mineral Show Includes jewelry, gems, minerals, fossils, meteorites, gold panning, exhibits and demonstrations. Pioneer Pavilion at Lady Bird Johnson Municipal Park. www.fredericksburgrockhounds.org 830/895-9630 or 830/990-9823

20—FREDERICKSBURG: Fredericksburg Music Club Presents Nathaniel Mayfield, Trumpet United Methodist Church, 1800 N. Llano. 830/997-5413

24-26—HONDO: Medina County Jr. Livestock Show Includes booths, events, games and a dance. E-mail: j-ott@tamu.edu 830/741-6180

25-27—BANDERA: Cowboy Mardi Gras Enjoy country-style Mardi Gras activities, complete with a parade and Cajun-style music. Downtown Bandera. www.banderacowboycapital.com 800/364-3833

26—AUSTIN: Berta Rojas (Paraguay) Northwest Hills United Methodist Church. www.austinclassicalguitar.org 512/300-ACGS

26—AUSTIN: Tree Talk, Winter Walk Experts teach how to identify and maintain native trees. Lady Bird Johnson Wildflower Center. www.wildflower.org 512/232-0100

26—BANDERA: Wild Game Dinner Enjoy everything from venison chili to wild boar, bear and elk. Dining begins at 4 p.m. and continues to 7 p.m. Grace Lutheran Church. 830/796-3091

26—BLANCO: Annual Cowboy Breakfast Hours are 6:30 to 8 a.m. Yett Memorial Park. E-mail: blanco@moment.net 830/832-4303

26—CASTROVILLE: Kid Fish Celebration Children age 4 to 12 can fish for stocked rainbow trout in the gristmill mainstream. Reservations required for groups of three or more children. Landmark Inn State Historic Site. 830/931-2133

26—DRIPPING SPRINGS: Bon Appetit for PAWS www.pawsshelter.org 512/894-0756

26—FREDERICKSBURG: Indian Artifact & Collectible Show Includes displays of arrowheads, books, cases and collectibles for sale. Pioneer Pavilion at Lady Bird Johnson Park. E-mail: richard.mentzer@sbcglobal.net 830/626-5561 or 830/238-3795

26—MASON: Mason County Courthouse Open House Sesquicentennial celebration includes courthouse "open house" and viewing of the new Sesquicentennial Garden. Courthouse on Square. www.masontxcoc.com 325/347-5758

26—MASON: Sesquicentennial Kick Off Chuck Wagon Dinner Begins at 6:30 p.m. Followed by a dance at 8 p.m. Fort Mason Community Building. www.masontxcoc.com 325/347-5758

26-27—AUSTIN: Citywide Garage Sale Palmer Events Center. E-mail: info@cwgs.com • www.cwgs.com 877/840-3829

27—AUSTIN: A. Mozart Fest Presents: Mozart Birthday Celebration Concert Features pianist Anton Nel and the A. Mozart Fest Chamber Orchestra, plus soprano Janeene Williams performs the Concert Aria. First Baptist Church. www.amozartfest.org 512/371-7217

31—AUSTIN: I Dream A World Experience the concert program that Conspirare will present at the Eighth World Symposium on Choral Music in July 2008 in Copenhagen. University Presbyterian Church. www.conspirare.org 512/476-5775

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Understanding Sciatica

Sciatica is a nerve-related condition that can have a major impact on your fitness program and your ability to perform simple, daily tasks with ease.

A relatively common form of back pain, sciatica refers to irritation of the sciatic nerve, which is made up of five branches of nerves that come out of your lumbar and sacral spine.

In many cases, sciatica is caused by a herniated disc that is putting pressure on the sciatic nerve. A herniated disc, which is often brought on by a sudden twisting motion or injury, is sometimes referred to as a slipped, ruptured, bulging or protruding disc, or a pinched nerve.

For others, sciatica may be caused by a narrowing of the spinal canal, or stenosis, which can be congenital or may develop over time. In this case, lesions can form and protrude into the canal and press on the nerves. Sciatic irritation may also be caused by slippage of a vertebral body in front of another, a condition known as spondylolisthesis.

Poor biomechanics, curvature of the back, weak abdominal muscles or pregnancy can contribute to this slippage, which can press on the nerve.

Symptoms of sciatica

As the longest nerve in your body, the sciatic nerve runs down from your lower back through the back of your thighs, where it divides into two branches just above your knees. It further branches out into the muscles below your knees, all the way down to your feet.

Classic symptoms of sciatica often start out with back pain, which may improve over time. However, you may begin to feel pain in



one of your hamstrings or calves, and some numbness or tingling in your toes.

For some people, the pain from sciatica can be severe and debilitating. For others, the pain might be infrequent and irritating, but has the potential to get worse. While sciatica can be very painful, permanent nerve damage is rare.

Fortunately, because the spinal cord does not extend through the lumbar (lower) spine, there is no danger of paralysis from a herniated disc in this area.

(Note: If your symptoms include progressive weakness in the legs or bladder/bowel incontinence, this may indicate a serious condition called cauda equina syndrome, which requires immediate medical attention.)

Treating sciatica

How sciatica is treated depends on the severity of the problem. You should, of course, see your doctor for an evaluation

and diagnosis if the pain is keeping you from everyday activities.

Nerve pain is caused by both pressure and inflammation on the nerve, and treatment is concentrated on relieving both of these conditions.

For acute pain along the sciatic nerve, heat and/or ice packs can help relieve pain. Begin by applying heat or ice for about 20 minutes at a time, and repeating every two hours as needed. You can also alternate the two to see if this provides more relief.

For some people, taking oral steroids or an anti-inflammatory such as ibuprofen will help. If the pain is severe, your doctor may inject an epidural directly into the affected area to reduce the inflammation that is causing you pain.

Manual treatments, osteopathic or chiropractic, may help relieve the pressure. Your doctor may also suggest a physical-therapy program that includes back-strengthening or lumbar stabilization exercises.

Fortunately, most people with sciatica can expect their symptoms to improve within a matter of days. For others, relief may come within two to three months.

In a small percentage of cases, where pain is severe and the combination of manual and medical treatments have not provided relief, surgery may be necessary to help relieve both pressure and inflammation.

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Ages 4-18 (must be 4 by Aug. 31st)
Deadline for Registering - Jan. 11th

Attention:

*8,9 and 10 year olds check
out our Academy Program ...
learn soccer from our
professional staff and take
your game to a new level!*

AU★CAPITAL
SOCCER CLUB

Soccer.
The Game for ALL Kids.

**SOCCER
USA**
www.esoccerusa.com

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**1 - 2 - 3 REC
PACKAGE DEAL**

STOP BY SOCCER USA STARTING
ON FEBRUARY 8TH TO GET YOUR OWN
ADIDAS STARTER KIT FOR ONLY...

\$39.99

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ADIDAS RINGE ADID TXXXA AG B
ADIDAS TANGI BALL (M2 3 OR 4)
KIT RETAINS AT \$33.00 SEPARATELY

SOCCER USA IS LOCATED AT:
401 WEST WILLIAM CANNON SUITE 100, THAT IS AT THE CORNER
OF W. WILLIAM CANNON AND MOPAC, IN THE COST CO SHOPPING
CENTER, BEHIND THE VILLAGE INN. PLEASE CALL 312-329-8447.

OFFER GOOD WHILE SUPPLIES LAST. SUBJECT TO STOCK. *ADIDAS IS A REGISTERED TRADEMARK OF ADIDAS AG.

Circle C Kids

Hey Circle C Kids!

Would you like to be noticed in the newsletter? Just email your photo with your parents OK to info@circlecranch.info



My First Christmas

FIND THE TWINS

WHICH TWO ARE EXACTLY ALIKE?



ANSWER: THREE AND FOUR



Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at 203 W. Main Street, Ste. D, Pflugerville, TX 78660.
We will select the top few and post their artwork online at www.PEELinc.com. DUE: December 31st

Be sure to include the following
so we can let you know!

Name: _____
(first name, last initial)

Email Address: _____

Age: _____

[This information will only be used to notify you
or your parents if your artwork was selected.]



Circle C



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POLAR EXPRESS @ IMAX

Bob Bullock Museum
Jan. 1 - Jan. 6
www.thestoryoftexas.com

FAMILY DAY AT AMOA

Second Saturdays
Austin Museum of Art
Jan. 1 - Jan. 12
www.amoa.org

TREE TALK & WINTER WALK

"Get Wild & Woody"
Lady Bird Johnson Wildflower Ctr
Saturday, Jan. 26
www.wildflower.org

Happy New Year!

Special thanks to our clients and friends
for making 2007 a wonderful year.

9600 Escarpment Village Suite H930 | Austin, Texas 78749

Austin Real Estate Partners Market Report

Circle C Ranch by Neighborhood	6 Months Sold History (Jun '07 - Nov '07)					CURRENT MARKET	
	TOTAL		AVERAGE			TOTAL	
	Homes Sold	Square Feet	Price / Sq. Foot	Year Built	Days On Market	Available	Pending Sale
Circle C Central	59	2,772	\$ 113	1993	39	20	11
North	26	2,081	\$ 130	1996	30	10	2
Wildflower	21	2,241	\$ 125	2001	24	6	1
On The Park	6	3,480	\$ 113	1996	48	1	0
Vintage Place	6	3,264	\$ 115	2003	59	3	0
Hielscher	19	2,917	\$ 122	2002	41	10	2
West	18	3,325	\$ 126	2005	60	15	2
Park West	9	2,217	\$ 145	2002	45	5	3
Park Place	8	2,629	\$ 120	2004	51	2	1
Muirfield	10	3,468	\$ 139	2007	80	6	0
Enclave / Lacrosse	3	3,072	\$ 115	2006	20	9	3
Alta Mira	8	2,784	\$ 125	2007	46	3	1
Circle C Ranch Total	193	2,734	\$ 123	1999	42	90	26
% Change Mo/Mo	-11%	-1%	-1%	0%	2%	6%	-10%

Market Report data was obtained from the Austin-Multiple Listing Service (MLS) on 12/04/07. 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.

Caring for Clients & Communities

Melinda & Bob McKenna

Owners/Brokers
CRB, CRS, ABR, GRI, ePRO

www.AUSTINREPS.com

512.288.8088



Peel, Inc.

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