



CIRCLE C RANCH

The Official Publication of the
Circle C Homeowner's Association

Newsletter

Volume 5, Number 6

June 2008

www.circlecranch.info

Completing the Vision

Submitted by Rob Johnson, CCHOA President

Much of what we see around us as the defining characteristics of Circle C are the structures and amenities that result from the original vision when the neighborhood was founded. Those who were here in those early days can remember the sheer transformation of the land into the vibrant community we all enjoy. As the construction attracted people, the vision became alive. The people of Circle C completed the picture, gave it meaning and context, and flavored it with their own style and character. The influx of people added vibrant color to the image of Circle C, but the essentials of the vision remained largely unchanged.

At this point in time, however, we are presented with a unique opportunity. It is very rare indeed for a neighborhood to have the resources and the authority to add a major amenity to a nearly completed neighborhood. Let's face it – developers and builders build major amenities. They build what they want to pay for and what they think will sell houses. It is almost unheard of for the neighbors to be able to design and build a centerpiece for their own community.

Yet that is precisely the challenge before us. The original vision for Circle C included two first-class swimming pools. Bankruptcy intervened before the second pool became reality. Now is the time for us to complete the task – this time with the vision of the community that lives here as our blueprint.

Over the years, the builders have been paying into a fund dedicated to the construction of the second pool and land was set aside. Thanks to the tireless efforts of the HOA Board, and most recently of then-President Ryan Garcia, the land and the funds are about to be given to the Association. With this comes the responsibility

to actually build a pool. That obligation does not include a set of blueprints.

While the potential is exciting, the choices that need to be made are serious. The funds being transferred would build little more than a glorified backyard swimming pool. Therefore as we design a new, first-class facility, we must be prepared to pay for each element we plan. At the same time, every feature we add will add value to our community, our quality of life, and our homes. In creating this signature amenity for Circle C, which will help define our community for years to come, we must strike a careful balance. We must be as bold in our vision as the developer and original homeowners – without being fiscally irresponsible. The pool should not be inadequate in size or quality, yet it cannot financially cripple the Association. We don't want to either cheapen or bankrupt the neighborhood.

At our annual meeting, we unveiled detailed drawings of different design options that were developed by our West Pool Committee. Much interest and excitement was generated. I encourage each and every one of you to take a look at these drawings. Drop by the office, or review the entire PowerPoint presentation available on our website. Then take the most important step: Let us know what you think. You can email us at westpool@circlecranch.info. We as a Board need to know what to build, because at the end of the day we are all going to have to pay for the project. As long as we'll be paying for it together, we ought to design it together. Help us complete the vision for Circle C, and launch this neighborhood into its next era with another first-class amenity and a renewed spirit of community and cooperation.



**Happy
Father's Day
June 15th**

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CIRCLE C RANCH

CCHOA Numbers

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Circle C Amenities

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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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Stop Signs.....457.4885
Street Light Outage.....505.7617
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CCHOA News

Deed Restriction Update

Submitted by Denise Nordstrom

We will continue driving two sections of Circle C per month to note any violations of the deed restrictions. 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, areas of dead grass, boats, RV's, trailers and general home maintenance issues. 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.

If you have a deed restriction to report, you may email us the specific address at 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>



Neighborhood Watch Training

Submitted by Lisa Schissler, Safety Committee Chair

Have you been thinking about becoming more active in the safety of your home and those homes you share the street with? The Austin Police Department offers a relatively short course in how to organize interested neighbors into an effective watch group. It is free and held every second Tuesday of the month at 6:30 pm at the south substation (404 Ralph Ablanado Rd) near 1st and Slaughter. If you have any questions you can contact Sally Becerra at 974-5903. The next three meeting dates are June 10th, July 8th, and August 12th.

If you can't make those dates then think about coming to a Safety Committee meeting. We meet monthly. Check the HOA community forum website for date, time and place or e-mail me at lisaschissler@aol.com.

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CCHOA News Continued

Light & Street Poles Damaged by Tape

We know it is tempting to tape notices to street signs and street lights to get the word out about lost pets or garage sales, but the tape damages the pole by peeling the paint. We're left with poles that look unmaintained and peeling, not a good look for our beautiful neighborhood. Please be a good neighbor and do not tape notices to any public sign, rather if you have a lost pet you can email or drop off a sign at the HOA office or post a notice on the website forum, (www.circlecranch.info/forum); garage sales can be advertised via craigslist or the newspaper.

Hide Your Garbage Can & Recycle Bin!

We are continuing to receive many complaints from residents about owners who are storing their garbage can and recycle bin in view from the street. Garbage cans and recycle bins should be hidden from view – either behind your fence or in your garage. The vast majority of homeowners are able to hide their cans out of view, please do YOUR part to keep Circle C a beautiful place to live.

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CCHOA News Continued

Development Update

Submitted by Jason Bram, Development Officer; CCHOA Board of Directors

Many of you may be wondering about area development happening in and around Circle C Ranch. As information becomes available and as new projects develop I will be updating you via the newsletter; you can also find this information on our website at www.circlecranch.info

Some of you may have already noticed the construction beginning at SH-45 and Escarpment Boulevard. This is the beginning of a new residential development that will be called Avana. Escarpment will be built through south of Circle C and cross over into Hays County. Avana will not be part of Circle C Ranch. We received the following report from the developer of Avana:

Avana: This tract of land covers over 1000 acres and obtained development rights as part of the settlement between the City of Austin and the Bradley Parties. As such, it is being developed under the strictest water quality and development standards. The total project will have 1065 lots and all sections will be gated. Phase I of the project constitutes the area closest to SH 45 and will be 50' frontage lots in a neighborhood called Esquel. The Esquel neighborhood is comprised of 92 lots, and the developers are currently negotiating with builders for this portion of the neighborhood. The

majority of Avana will be developed at 15% impervious cover and include ample greenbelts and open spaces. The lots sizes will range from 50' frontage to 100' plus frontage with some lots designated as "Golf Course" lots, which are larger and are immediately adjacent to a proposed golf course. The Conditions, Covenants and Restrictions for the community were based on the similar communities of Steiner Ranch and Barton Creek, and contain appropriate standards for golf course lots and environmental restrictions that meet the Save Our Springs ordinance. Portions of the property back to water quality conservation land owned by the City of Austin. The property is split between Hays and Travis Counties, and includes some of the most scenic and beautiful Hill Country land in the area. Covered with Texas live oaks, cedar elms, native yaupons, Mexican buckeye and numerous Texas Mountain Laurels, Avana will provide all of the conveniences of a planned residential community while creating the atmosphere of living in the Texas Hill Country. Avana is located at the intersection of SH 45 and Escarpment, south of Circle C Ranch.

Stratus Tract 106: Stratus has completed the construction of two 10,000 square foot commercial buildings on Tract 106 which is at

(Continued on page 7)

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CCHOA News Continued

Development Update - (Continued from page 6)

the northwest corner of Mopac and Slaughter Lane adjacent to the Chase Bank. The buildings will be ready for occupancy in June. So far tenants include: Class Act Cleaners, ProNail Salon and Baby Bagaloo. Possible tenants include a dentist, an ink cartridge refill shop, a hair salon, a coffee shop, a woman's boutique, a stock broker and a smoothie shop.

Circle C North: Origin Homes has submitted their application for an administrative site plan to the City of Austin for new home development at the east entrance to Circle C North at Barstow and Slaughter Lane (called Barstow Village). Origin Homes proposes to subdivide this area into nine legal lots, six of which will be used for construction of single family homes and the other three are to be open lots. These homes will go through the Architectural Review process and will be subject to the Covenants, Conditions and Restrictions for Circle C Ranch.

Keep bringing us your aluminum soda can pop tabs!

Thank you, thank you, thank you to everyone who has begun the habit of collecting their aluminum soda can tabs! The HOA is continuing to collect aluminum soda can tabs in the management office 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 to coordinate this



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CCHOA News Continued

Circle C Landscape

Submitted by Susan Hoover



We would like to update you on the recent landscape improvements completed in the neighborhood. These improvements are part of the long term landscape plan, adhere to the Green Community Landscape Model and were approved by the CCHOA Board of Directors for 2008.

The first big improvement was re-vegetation of the front entry at Slaughter and Escarpment. This area previously had Bradford Pears which had reached the end of their life cycle, dwarf crape myrtles that were covered with very thick Asian jasmine. These were part of the original

Circle C plantings from 1987 and had become overgrown, entangled and unmanageable. For this project the following things were completed:

- removal of existing vegetation
- replacement of worn soil with garden grade soil from Geo Growers
- reconstruction of the irrigation system for this area
- installation of the following plant materials
 - 22 white crape myrtles
 - 150 three gallon Lindeheimer muhly
 - 175 three gallon Gulf muhly
 - 80 three gallon Knock Out Roses
- 15 cubic yards Texas Native Hardwood Mulch

We will be adding a few more grasses and providing some touch up in the area to finalize the project. Although the plant materials are small at the current time, they will provide substantial and beautiful vegetation for one of our major entries in the future.

The next completed project is a renovation of the turf and bed areas at the corner of La Crosse and Escarpment. This project included the following:

- killing out all weeds and mixed grasses along the pedestrian areas
- installation of native grasses to separate the naturalized area from the manicured areas along the walkways on the north side of La Crosse
- installation of a major bed and rock

work at the corner for focus

- installation of 32,000 square feet of Pallasades zoysia turfgrass

One of the goals of the Green Community Landscape Model is to create zones for higher maintenance along pedestrian walking areas, and lower maintenance along naturalized zones. The replacements above will allow less watering, fertilizing and general maintenance of a large area along this corridor, while providing great drought tolerant vegetation close to the street and walking areas.

We hope everyone is adjusting to the new City of Austin water ordinance. We filed a master plan with the City which will allow the Circle C Commons areas to be watered no more than 2x per week which is a requirement of the ordinance. The rule for commercial areas is that everything be watered on Tuesday and Friday. Since we have long runs of irrigation, it is not possible in some areas to have a complete section watered in one day during the required watering time. We have received a variance to water on some alternative days on Slaughter Lane and in the Escarpment corridor. Also, in the new vegetation areas, we have received a variance to water the vegetation in for the first 30 days according to the new vegetation schedule, which allows additional watering. In general, if you see any irrigation running between 10 a.m. and 7 p.m. you should call the CCHOA office, unless it is in an area where vegetation has been newly installed.



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CCHOA Clubs & Announcements

Spotlight on Circle C Neighbors

Submitted by Russ Hodes, CCHOA Treasurer

Ken and Sharon Rigsbee purchased their home in Circle C in April, 1988. They became two of the first residents of Circle C Ranch, and as such were heavily involved in the many debates and negotiations that protected the development of Circle C and our community. Rigsbee served as an officer and director of the CCHOA for 5 years. Currently, he is the President of the Sunfield MUD board (in Buda) and is also the Chair of the Circle C Political Action Committee.

More recently, Rigsbee announced that he is a candidate for the District 7 Board of Director's seat (which includes Circle C Ranch) for the Pedernales Electric Cooperative (PEC). One of 20 candidates for that seat, Rigsbee said, "I am not happy with the latest activities of the board and the management of the PEC resulting in litigation and penalties being paid by the members. I think it is time that neighborhoods like Circle C have representation on the PEC board by professionals who have had some major business experience. Our neighbors pay a lot of money into the PEC, a billion dollar corporation, and I think we need somebody on the board who is accustomed to reading and understanding financial data for large operations."

Rigsbee retired after 36 years of employment as an engineer,

administrator and manager with Phillips Petroleum Company (now ConocoPhillips). He served on numerous boards of directors during that period, corporately, civically and professionally. A licensed professional engineer, Rigsbee was president of the Oklahoma Society of Professional Engineers, and was an officer and director of the National Society of Professional Engineers, the Accreditation Board for Engineering and Technology, and numerous other engineering related organizations at the national level. He is past chairman of the board of trustees of the Texas Engineering Foundation, and is a member of the Academy of Distinguished Graduates of the Department of Civil, Architectural and Environmental Engineering at The University of Texas.

The PEC election will be conducted during May and June by mail and electronic ballot, and members will be asked to elect by mail or Email 3 directors and 2 advisory directors from a total of 58 candidates.

The above does not constitute an endorsement by either the CCHOA or the CC PAC.

Do you think your neighbor deserves a moment in the spotlight? Forward submissions to info@circlecranch.info.



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CCHOA Clubs & Announcements Continued**CDC From Past to Present***Submitted by Michelle Moran*

Over the years, there have been many questions about the Child Development Center and how it came into existence.

The Circle C Child Development Center was a cornerstone of the original Circle C Ranch Master Plan developed in 1985. Located centrally in the community, the CDC serves as a central facility to enhance the family oriented feel of Circle C Ranch by providing quality child care close to home.

In a unique funding arrangement, each builder contributed \$1000.00 per lot from the original central Circle C area to an escrow fund that was used for the design and construction of the Child Development Center. This process enabled the construction of the 11,000 square foot facility, which opened in January 1994. All land (approximately 5 acres) for the facility was donated by Bradley Development. Funds above and beyond the building costs were dedicated to future building improvements and maintenance. This allows all of the tuition from parents to be spent directly on operational aspects of the Center.

The center was designed by Heather McKinney Architects, AIA. It was established as a 501(c)3 organization, which makes it a non-profit center. A Board of Directors runs the CDC; currently it has seven members who are both parents and Circle C community members. The Center has been accredited by the National Association for the Education of Young Children (NAEYC) for many years and is currently going through the accreditation process under the new NAEYC guidelines. This means that the CDC has high standards and works hard to offer our families superior care and education. The Center is open to all children but it gives Circle C residents first priority for enrollment.

The CDC's number one goal is to look at each child as an individual and to do whatever possible for that child. The staff is the best of the best and they are continually working to be even better. The CDC tries to be a true part of this neighborhood by hosting and running many of the special events throughout the year. The doors are open to committees, the board, and other groups that are in search of a close spot to meet. The Circle C Child Development Center is a truly unique set-up and the only center of its kind!

Girl Scout Troup "Heads Up"**Drive Safe Campaign***Submitted by Girl Scout Troup 2113*

Amy Gawlik was the kind of person we all strive to be. She was kind, thoughtful, cheerful and always giving. She was beautiful both on the inside and out.

Amy was killed in a tragic auto accident on Tuesday, December 18, 2007. Amy was crossing Mopac on LaCrosse when a car heading southbound on Mopac ran the red light and hit Amy's vehicle. Magen, Amy's 5 year old daughter, was in the car but was not injured.

Amy was the leader of Girl Scout Troop 2113 since they started as Daisy Scouts in kindergarten. She was a dedicated leader and loved by all the girls - twelve 4th graders who attend Clayton and Kiker schools. They are Chloe Arevelo, Madyson Chapa, Rebecca Churchill, Hannah Gawlik, Elizabeth Hammel, Megan Hauck, Summer Hawkins, Jasmin Lim, Renee Perrine, Madison Rowland, Leah Sherman-Weiner, and Brooke Teston.

Amy's troop decided to do something to honor her and to raise awareness about safe and friendly driving. They have started a campaign called "Heads Up Austin." They have been working on a PSA that they are entering in the Time Warner "Young Director's Cut" contest. If selected, they will have the opportunity to work with professional Time Warner Cable production staff with state-of-the-art facilities to produce their PSA and it will run on Time Warner Cable.

Fox Austin news ran a feature story of the girls' efforts and interviewed them along with David Gawlik and his three girls, Rachel, Hannah, and Magen. They also have met with Mayor Will Wynn. They are selling t-shirts and bumper stickers promoting their "Heads Up Austin - Drive Smart" campaign.

With Dave as their spokesperson they are passionate, focused and driven. Their goal is to remind drivers to pay attention when driving - not eating, talking on a cell phone, or otherwise get distracted. One mistake can change a life, a family and a community forever.

For more information, visit www.headsupaustin.org.

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CCHOA Clubs & Announcements *Continued*

Park West HOA News

(For Park West Residents) - Submitted by Jackie Rollins

Garden Tours

Sunday, May 4 turned out to be a perfect day for the Garden Tours. Eleven Park West residents opened their backyard gardens and courtyards much to the delight of those who came to view them. From lily ponds and other water features to desert xeriscaping to an abundance of plants and flowers, each offered a distinct and unique example of what beauty can be created by one's imagination. Kudos goes to Garden Tours Committee Chair Jean Griffith, members of the committee and, of course, participating residents for making this such a lovely and successful event. (Pictures included in this article).



MEDITATION



LILY POND RETREAT

Landscaper News

By now you should all be aware that Scott Smith is Pearson Landscape Service's onsite representative for Park West. Some of you may have already met and talked with Scott at the last "Meet with the Landscaper" session. Calling his office phone number 386-5900 is actually the fastest way to reach him for both routine and emergency calls because American Answering Service immediately transmits your message to his cell phone. You can also reach him by e-mail at scott@pearsonlandscape.com. Scott is looking forward to hearing from you, whether it's for a sprinkler check (keep those requests coming!), a new backyard maintenance contract, to follow up on a scheduled project or to request a new project. Welcome to the neighborhood, Scott!

(Continued on Page 13)

GRAND OPENING SPECIAL

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CCHOA Clubs & Announcements Continued

Park West HOA - (Continued from page 12)

Broken Record Department

There are some issues or requests that have to be repeated over and over again, just like a "broken record," for the message to get across to the few who are disregarding it. These are the same reminders we have posted on the mail center bulletin boards, the community website and previously in this newsletter. Each month, if necessary, we will feature a different "broken record" issue. This month the issue is GARBAGE AND RECYCLING CONTAINERS:

- Trash and recycling containers shall only be permitted to be placed outside for a **total of 12 hours**. Don't put them out too soon and don't leave them curbside for extra hours or days on end. It's been observed on several occasions that containers are being wheeled to the curb on a Tuesday or early on Wednesday - sometimes as early as Monday! - when our pickup day is Thursday. If you are going to be away on Thursday, arrange for a neighbor to move the containers to and/or from the curb in the approved time frame. If you're not on friendly terms with your neighbors, ask a Board of Directors member, such as Jackie Rollins, to assist. Jackie's e-mail address is JackieRollins02@aol.com or you can call her at 301-1839.
- The containers **MUST** be stored out of sight from street view. Being partially hidden by a bush doesn't count; they must be

stored either in your garage or behind the fence - **TOTALLY** hidden from view.

These rules can be found in the Circle C Covenants, the Park West HOA Rules and City of Austin ordinances.

Good Neighbors

A big thank you goes to Glynda Eschle and Ruthie Bolsen for volunteering to deliver the American Statesman to homes in sections that the delivery agent was unable to reach due to street resealing. Arrangements were made in advance with the route manager to leave the newspapers, along with a list of the subscribers' addresses, at the mail center in the section not being resealed. Up at the crack of dawn, Glynda delivered papers by walking to the homes in the east section. At the time of the next resealing, Ruthie walked the west section route. Due to these sweet ladies' efforts, everyone got to read the headlines as usual with their morning coffee.

Do you think that having a Good Neighbors feature as part of our monthly column would be a good fit? If you do, e-mail me at JackieRollins02@aol.com about something nice that a Park West resident has done for others in our neighborhood and they'll get the credit they deserve in a future issue. Until next month, keep sending me your suggestions and comments.

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CCHOA Clubs & Announcements Continued

Snake Education

Submitted by Keith P. de Solla

Circle C is home to a variety of snakes, some of which are venomous. It is important to teach your children not to attempt to handle any snake. Even non-venomous snakes can bite and a bite wound could become infected.

Non-venomous snakes likely to be seen in Circle C include:

- # rough earth snake - small, solid color (silver brown to dark brown)
- # rough green snake - up to 2.5ft, thin, bright green
- # garter, ribbon and similar snakes - usually have a stripe running the length of the body.

The above snakes are generally small, harmless, and non-aggressive. Still, young children should be taught to respect snakes of all types and not attempt to pick any of them up.

A larger non-venomous snake is the Texas rat snake which can grow to 5 ft or more. They are beneficial because they help keep the rodent population in check. The rat snake is known to be aggressive.

Texas is home to several venomous snake species including 4 that can be found in central Texas:

- # Water moccasin (cottonmouth)
- # copperhead
- # western diamondback rattlesnake
- # Texas coral snake

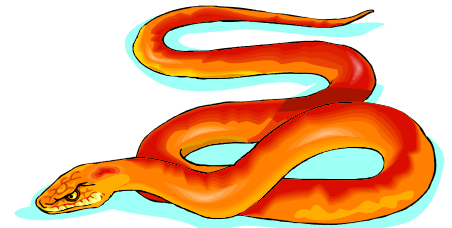
I am only aware of sightings of rattlesnakes and coral snakes in Circle C. The rattlesnakes can be aggressive but strike only when they feel threatened. And it usually lets you know that by rattling, but not always.

The coral snake is small, brightly colored and non-aggressive. However, its venom is highly toxic. Its mouth is very small and

the fangs are further back in the mouth than other venomous snakes so an adult may be less likely to get bitten and injected with venom. However, children and small pets could be bitten. The coral snake is easily identified by the color bands around its body: red, yellow, black. ("Red touch yellow, kill a fellow")

Please see these web sites for more information and pictures:

<http://www.austinreptileservice.net/>
http://www.bugsinthenews.com/snakes_in_central_texas_friend_or%20foe.htm



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CCHOA Clubs & Announcements *Continued*



Wild about flowers!

Submitted by Melinda McKenna

5th annual Wildflower Stomp

Over 75 area Girls Scouts hit the trails to plant wildflower seeds along Escarpment Boulevard in Southwest Austin as part of a beautification program sponsored by the Lady Bird Johnson Wildflower Center and Austin Real Estate Partners. It was an opportunity for young girls to learn about native plants and learn how to be good land stewards, while beautifying their community.

This event began in 2003 through the efforts of the CCHOA Board, Circle C Landscaping, the Lady Bird Johnson Wildflower Center, Native American Seed, and Austin Real Estate Partners. More than one million seeds are planted in the fall and spring, ensuring beautiful blooms in an array of colors -- yellow, pink, red, blue and lavender -- throughout the year.

Created by Native American Seed especially for Circle C, the spring wildflower seed mix includes popular blossoms like cutleaf daisy, black-eyed susan, Mexican hat red and the ever-popular pink evening primrose. Other varieties include the striking gayfeather (a blooming purple stalk), standing cypress, blue flax and mealy blue sage.

Before planting the seeds, the Girl Scouts visited the Lady Bird Johnson Wildflower Center, where its docents taught them to recognize various native plants. Then the troops headed to the hike and bike trails along Escarpment Blvd., where Circle C landscaping had prepared the soil for the seeds. Girl Scouts earned a participation badge for their service.

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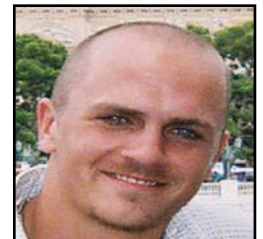
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CCHOA Clubs & Announcements *Continued*

Kiker Bike Fest – a Community Success

Submitted by Joan Reed



The first annual Kiker Bike Fest, held May 10th, was a grand event brought to you by the Kiker PTA and the Circle C Ranch Cycling Club. This community event was designed to promote youth safety and fitness through cycling.

We had 230 registered participants who visited 10 safety and skill challenge stations, 120 participants in group rides to the Veloway lead by former pro and Kiker dad, Kevin Livingston, and countless laps on the intermediate and beginner courses. Additionally, 367 children participated in "Bike to School" day on Friday, May 9, choosing to ride their bikes or walk to school. We'd like to thank our sponsors – Bicycle Sports Shop, Randall's, Race Works, Austin City Council Members Brewster McCracken, Lee Leffingwell and Jennifer Kim (whose sponsorship helped with our road closure), Texas Medical

Association, Firehouse Subs, Van Newkirk Cycle Fitness, Texas Bicycle Coalition, Austin Police Department – the community for embracing and supporting this event and the endless hours our volunteers put into this event to make it such a success.

A special thanks to our partners from Circle C Ranch Cycling Club and Texas Medical Association Foundation grants, we will deliver 24 bikes and 100+ new helmets to our sister school, Allison Elementary.

And of course, this day would not have happened without the support and encouragement of Kiker's leadership team under Ms. Schneider, Mr. Faulkner and Ms. Chapa-Moore.

The Kiker Bike Fest planning team welcomes your feedback. Please send your comments to kikerpta@gmail.com



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CCHOA Clubs & Announcements *Continued*

Austin Newcomers Club June Luncheon

Submitted by Pattie Cabrera Webster

Join us for an Austin Newcomers Club June Luncheon
Time: 11:00 AM Social; 12:00 Noon Luncheon
Date: June 18, 2008 (Reservations by Thursday, June 12th)
Program: "Art Around Texas: A 30 Minute Museums' Tour"

Dr. Karen Pope

Art historian Karen Pope is a popular speaker in the Austin area who is already known to many of our ANC members. Her expertise is in American and European art from the 19th and 20th centuries. Dr. Pope incorporates many art slides in her presentations and engages her audiences by making art history exciting and accessible at any level.

Currently, Dr. Pope teaches art history at Baylor University for the new Albritton Art Institute. She received her Ph.D. in Art History from the University of Texas at Austin. From designing and conducting art history programs for the University of Texas fine arts community in the early 1980s, her enthusiasm and proficiency for guiding interested adults through the history of art led, in 1995, to the creation of Art inSight Inc. Now in its 12th year, Art inSight celebrates art history friendships around Austin and Central Texas, around the country, and around the world.

Join Karen Pope to expand your horizons or fill gaps in your world of art. No background or experience is necessary -- just curiosity! You will be delighted.

Location: Green Pastures Restaurant
811 W. Live Oak Street, Austin, 78704

Cost: \$20.00

Public contact phone number and/or website: 512-314-5100 or www.austinnewcomers.com

Space is limited; all reservations must be received by June 12th. Your check is your reservation. \$20.00 per person made out to Austin Newcomers Club and mailed to Austin Newcomers Luncheon, 2401 Spring Creek Drive, Austin, TX 78704. Allow 3 days for delivery

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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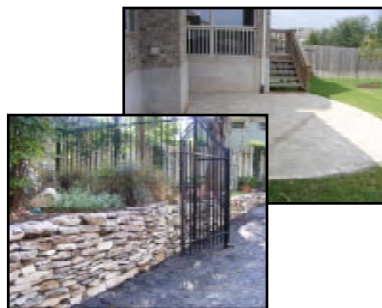
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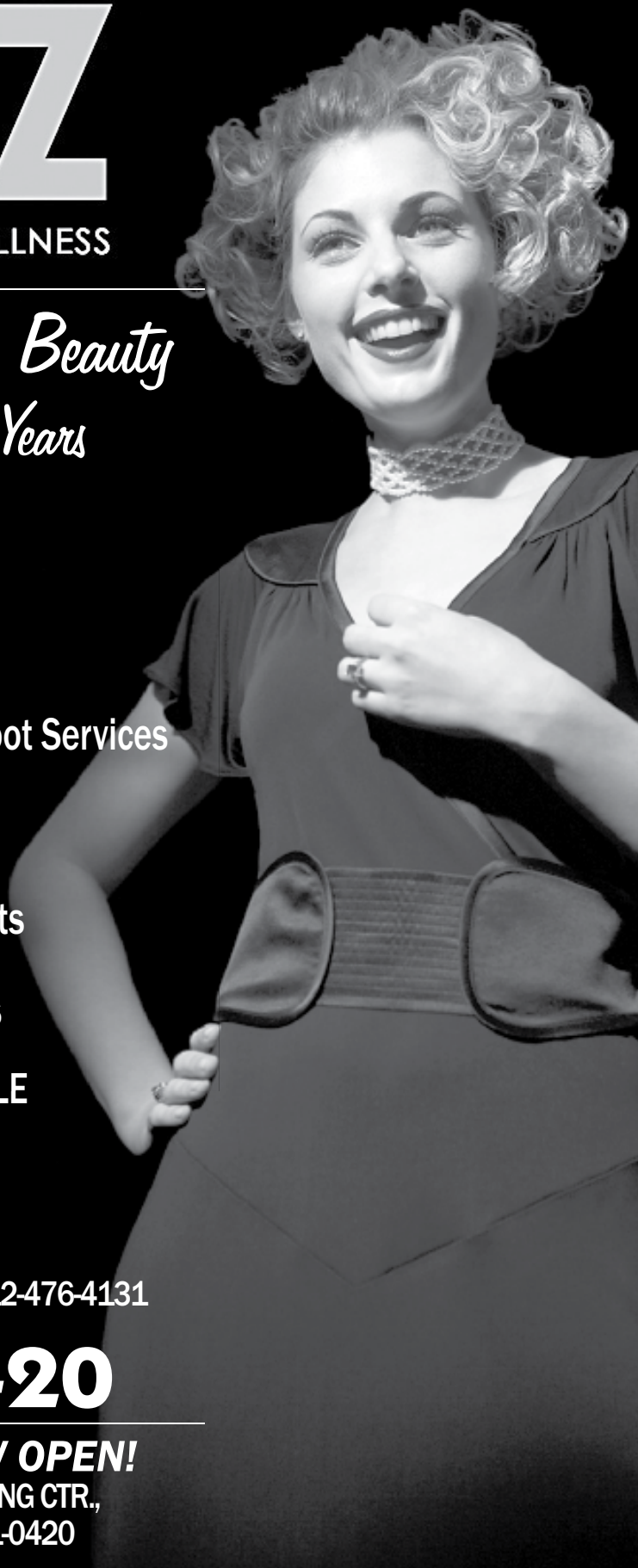
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*Circle C Pool will be open to other homeowners during party

Choose a time

2008: March 1 - June 8 Fri, Sat, Sun only

June 9 - August 22 Any Day

Time: 12:00 pm - 2:00 pm (Fridays after 6/9 only)

2:30 pm - 4:30 pm

5:00 pm - 7:00 pm

Choose the feature

Party packages include 2 pieces of pizza and 1 drink for each party goer.

Fee: \$295 16 Children Attending \$60 for every 8 children added (must be in groups of 8)

Pizza choice: Cheese, Pepperoni, Sausage, Bacon, Bell Peppers, Olives, Mushrooms

Party Extras: The following is also available (each party tray serves 20-25 People)

Fruit Tray \$37 Veggie Tray \$25 Meet & Cheese Tray \$48

Extra pizza \$9 Drinks \$.50 Capri Sun \$1.00 soda or water

Note: No other food is allowed into the pool area. It must be purchase by Circle C Café or through the all inclusive party package.

Please contact the pool for more information:

288-6057 parties@circlecranch.info

Swim Center Announcements

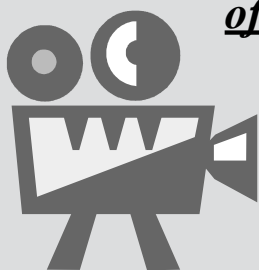
Swim Conditioning Class at CC

This class is fitness swimming for adults. For more information contact Coach Kim at 288-6057.

This is an ongoing class which meets every Tuesday and Thursday morning from 8:00 a.m. – 8:45 a.m.

SUMMER MOVIE NIGHTS AT THE POOL

*begin the first Saturday
of the month*



Grab your lounge chair and come by the pool for a movie which will begin at dusk on
June 7: Surfs Up!
July 5: Daddy Day Camp
August 2: Happily Never After

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Tony Ragan
Owner/Circle C Resident



Hours of Operation

Circle C Swim Center is currently operating under the
SPRING 2008 Schedule

Hours of operation are:

5:00am – 12:00pm Mon. – Fri. Lap Swim
4:00pm – 8:00 pm Mon. – Fri. Lap / Family Swim
7:30am – 10:00 am Sat. Lap Swim
10:00am – 8:00 pm Lap / Family Swim
10:00am – 7:00 pm Sun. Lap/Family Swim

The swim center office is staffed during these times only. Please come by and see us during these hours for all class registrations, to pick up pool passes, general information questions or just to say hello!

Our expanded summer hours will be effective June 8, 2008

Summer hours for the pool:

June 8 – August 24, the pool will be open the following hours:
Sunday 10:30 – 8

Monday 2pm-9pm

Tues – Friday Lap Swim opens at 5:30am and Recreational swim opens at 10am and the pool closes at 9pm.

Saturday Lap swim opens at 7:30am, Rec. swim opens at 10am and pool closes at 9pm

*****THE POOL WILL OPEN AT NOON ON JUNE 14TH DUE TO A SEALS SWIM MEET.**

New swim lessons will begin on June 17.

Check the new summer brochure for more information

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Applicants may apply at the Swim Center office during office hours.

The Circle C Swim Center is busy preparing for a great summer season at your pool.

For all new Circle C residents, please come by our office at your earliest convenience to fill out a Pool Pass Registration form. It just takes a few minutes and this will allow us to make pool passes for your entire family.

We have quite a few pool passes from current Circle C residents going back to the 2007 season which were never picked up. We are in the process of trying to contact you so that you may pick up your passes and join us.

We look forward to seeing all of you this summer!

* All spring 2008 swim classes are now closed.

* Pool Party Coordinator, Connie Perrine available by phone Tues, Wed, Thurs, 12:30 – 2:00

* Interested in a Master's Swim Team? Please call the Swim Center Office and let us know!

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School News

Summer Reading Rocks at Mills Elementary!

Submitted by Neva Fernandez,

Mills Elementary wants all students to discover the fun and excitement of reading this summer. That's why the school is launching, Summer Reading Rocks, a program designed to keep students reading over the summer months. The school library at Mills will be open twice a week, for students to practice reading skills, check out books, and participate in book clubs and writing workshops.

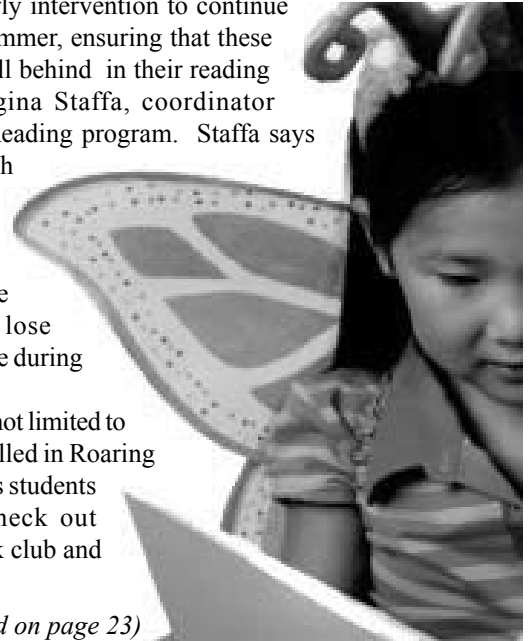
The program is possible only through a generous donation by Barnes & Noble Booksellers and the Salinas Family. Summer Reading Rocks grew out of a school-based reading initiative sponsored by Mills Elementary, called Roaring Readers. Roaring Readers is an early intervention program for struggling readers that focuses on fluency. The program has proven so successful at Mills, that 100% of the third graders who received help through the reading program, passed the TAKS reading test. In addition, 55% of those students received a commended rating, with a score of 94% or better.

The Roaring Reader program is completely staffed by more than 100 community volunteers. "With the support of our wonderful sponsors and volunteers, the Summer Reading Rocks program

will allow our early intervention to continue throughout the summer, ensuring that these students do not fall behind in their reading skills," says Regina Staffa, coordinator for the Roaring Reading program. Staffa says her research with Roaring Readers indicates that students who do not read over the summer months lose half the gains made during the school year.

The program is not limited to those student enrolled in Roaring Readers. All Mills students are invited to check out books, join a book club and explore reading.

(Continued on page 23)



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School News Continued

Summer Reading - (Continued from page 22)

For more information on the program or to find out how to volunteer, visit www.millspta.org.

Summer Reading Rocks Schedule

Tuesday, June 17 3:00 pm – 6:00 pm
Thursday, June 19 10:00 am – 1:00 pm

Tuesday, June 24 3:00 pm – 6:00 pm
Thursday, June 26 10:00 am – 1:00 pm

Tuesday, July 8 3:00 pm – 6:00 pm
Thursday, July 10 10:00 am – 1:00 pm

Tuesday, July 15 3:00 pm – 6:00 pm
Thursday, July 17 10:00 am – 1:00 pm

Tuesday, July 22 3:00 pm – 6:00 pm
Thursday, July 24 10:00 am – 1:00 pm

Tuesday, July 29 3:00 pm – 6:00 pm
Thursday, July 31 10:00 am – 1:00 pm

Tuesday, August 5 3:00 pm – 6:00 pm
Thursday, August 7 10:00 am – 1:00 pm

Note: The Mills library will be closed the week of July 4th



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School News Continued

2nd Annual Fun Run a success!

Submitted by Catherine Thurk



Ready, Set, Go..... 1st graders running in their heat at the Fun Run.

Clayton Elementary would like to thank all the runners, families, teachers, and friends who supported the 2nd Annual Fun Run held on April 12th. With over 400 runners this event was once again a huge success.



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School News Continued

New Kiker Kinders

Submitted by Christy Zimmerman

August is near and so is the start of the 2008-2009 school year. Kiker Elementary is thrilled to welcome all new Kindergartners! To make this time even more exciting for your new kindergartner there will be informal weekly play dates throughout the summer. We will meet at the Slaughter Creek Park every Wednesday from 9-11am starting June 18th. If you are interested in finding out more and receiving communications from us regarding these play dates and other events please email either Christy Zimmerman (czimmerman@austin.rr.com) or Tracy White (tracywhite@austin.rr.com).

We look forward to meeting you and your new Kiker Kindergartner! See you Wednesdays!



Clayton Elementary Announces Summer Kindergarten Playdates

Submitted by Catherine Thurk

Join Clayton Elementary parents and get to know new and old friends at our upcoming Summer Kindergarten Playdates. All about-to-be Clayton Kindergartners are invited to attend one or more "meet-n-greets". No RSVP necessary. Just show up and have fun!

Clayton Kindergartners "meet-n-greet" Schedule:

- Tuesday, June 10, 5~7pm, Circle C Park
- Wednesday, June 25, 9~11am, Circle C Park
- Tuesday, July 15, 9~11am, Circle C Park
- Wednesday, August 6, 5~7pm, Circle C Park
- Saturday, August 23, 9:30~12pm, 7921 Adelaide Dr.

To be put on the "meet-n-greet" e-mail list or for more information please contact Nina Fierro at nfierro@austin.rr.com or (512) 288-9141.

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Circle C Amenities

Circle C Tennis Club

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 9, 2008. 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 (1/2 hr sessions)
- Grand Prix for ages 6-8:
 - Wednesday and Friday, 9 – 10:00 AM
- Grand Prix for ages 9-11:
 - Tuesday and Thursday, 9 – 10:00 AM
- Grand Prix for ages 12-15:
 - Monday and Wednesday, 10:00 AM – 11:00 AM

- Tuesday and Thursday, 7:00 PM – 8:30 PM (1 ½ hr sessions)
- Pre-Advanced Tournament Players I (By Invitation Only)
 - Monday, Wednesday and Friday, 5:30 PM – 7:00
- Pre-Advanced Tournament Players II (By Invitation Only)
 - Tuesday and Thursday, 5:30 PM – 7:00 PM
- Pre-Advanced Tournament Players III (By Invitation Only)
 - Monday and Wednesday, 7:00 – 8:30 pm
 - Friday, 4:00 pm – 5:30 pm
- ATP (Advanced Tournament Players) (By Invitation Only)
 - Monday through Friday, 10:00 AM – 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 9, June 23, July 7, July 21, Aug 4, and Aug 18

- **10 – 13 yrs old:** June 16, June 30, July 14, July 28, and Aug 11

Adults

- Monday, 6:00 PM – 7:00 PM (Co-Ed)
- Thursday, 8:00 AM – 9:00 AM (Ladies)
- Friday, 10:00 AM – 11:00 AM (Ladies)
- Saturday, 11:30 AM – 12:30 PM (Co-Ed)

Sessions begin the week of June 9

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

(Continued on Page 29)



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Circle C Amenities Continued

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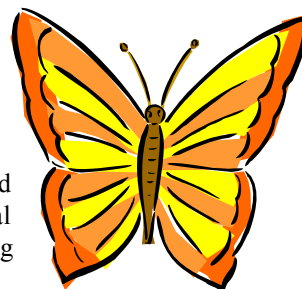
Announcements

Submitted by Saralee Tiede

Butterfly Portraits beyond Scale

Now through June 30

A fascinating exhibit by L.Ray, our 2008 Wildflower Days™ official artist. These butterfly and dragonfly watercolors, some in diptych and triptych forms are startling, unusual works. In the McDermott Learning Center.



Visit the Insectary

Our summer gardens are full of butterflies, perhaps because we grow our own! See the butterfly babies—caterpillars—in our insectary and take note of what they are eating so you can grow them in your own garden. You might see a butterfly emerge from a chrysalis in the eclosion boxes in the butterfly garden.

Rick Tolar Exhibit

A mini-exhibit of wildflower and nature photography on canvas opens in the store May 31 and will be displayed through July 6.

Summer Sales & Clearances at the Store

Drastic reductions – up to 75 percent-- on gifts, apparel, holiday items., Saturday and Sunday, June 28 and 29

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Circle C Amenities Continued

Tennis - (Continued from page 27)

Membership Special

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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.

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Meet Jennifer

DOB 2001

Too many kids start out life without being loved or nurtured. It often takes a while for these kids to learn to trust, to learn to open up and to get out of survival mode. Jennifer is a little girl in need of some one on one attention. Almost 7 years old, she loves to play in the dirt, ride her bike and catch frogs. She also enjoys watching cartoons, playing t-ball and taking baths. Jennifer is currently in kindergarten and she is working on learning how to write her name and read. She's always on the move and requires constant supervision. Jennifer is shy but she can also be very loving and affectionate. She craves individual attention and can be competitive with younger children for her caregiver's attention. Jennifer participates in therapy on a regular basis and is working on her social skills.

Jennifer needs to learn boundaries from a family with patience -- someone willing to let her develop and blossom in her own time.

For more information about becoming a foster or adoptive parent, please contact Tracy Eilers at tracyeilers@adopttexas.org.

The picture is courtesy of Lucy Durfee, The Heart Gallery of Central Texas.

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Summer Weather 2008 - Drier, Warmer Weather Predicted the Next Few Months

By Bob Rose, LCRA Meteorologist

It's often said that Central Texas weather is one long drought interrupted by occasional floods. While this description often seems true, in reality, each year's weather is often very different than the previous year.

In 2007, persistent, heavy rains characterized spring and summer weather. There were numerous floods and for the first time in 10 years, all of Texas was declared drought-free. But the wet weather didn't last long. By late 2007, rain had become scarce and in 2008, drought returned to a large part of Texas, including the Hill Country and most of Central Texas. This summer, much drier weather than last year is expected.

The return of drier than normal weather can be attributed in part to the development of a weather phenomenon known as La Niña. In a La Niña, the Jet Stream is pushed north of its normal position and replaced by a large area of stable high pressure. This high pressure area limits the number of storms crossing our region, resulting in lower than normal rain. A weak La Nina will continue into the summer, which should result in drier than normal weather from late spring into summer. Despite dry weather, recreation will be great on

area lakes. After a very wet year last year, most lake levels are still high and should remain high well into summer.

But keep in mind the weather won't be totally dry. The month of May is typically the stormiest and wettest of the entire year and we're likely to see a few storms from time to time. Occasional storms can bring large hail, damaging winds and brief heavy rain. If you're caught outdoors when a storm threatens, try to seek shelter in a sturdy nearby building or as a last resort, a low spot below potential flying debris. Stay away from tall trees. And remember that creeks and streams can rise in a hurry from passing storms. Never camp near the banks of a creek, even if it's dry.

Temperatures this spring and summer are shaping up to be very warm, much warmer than they were last summer. Look for readings to hit the upper 90s to 100 degrees beginning in June. If you're going to be spending time outdoors, remember to play it safe and drink lots of water. And don't forget to carry along some insect repellent. If you're taking to the water to cool off, always remember to swim with a buddy. It's more fun and it's a great way to keep everyone safe.

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8 Ways to Lasting Weight Loss

The first things many people do when they want to lose weight is dramatically cut their calories and make a list of off-limit foods. Even with the best intentions, doing this is actually slowing down your metabolism and creating cravings. This results in more stored fat, and the eventual binge when cravings are finally too strong to ignore.

Then there is the sense of failure and frustration due to feeling like you have fallen off the wagon. Determined to do better next time, the cycle begins all over again. Yo-yo dieting is a way of life for millions of Americans — even though there is more than a 90-percent failure rate.

Nutrition is the leading contributor to weight loss. It is imperative that you stay conscious of what goes into your body. The quality of food you eat is directly reflected in your body's appearance, as well as your overall health. No amount of exercise can counterbalance a poor diet.

Here are some recommendations for lasting weight loss:

- 1. Do not drastically cut calories.** They are what your body uses for energy and necessary for it to function efficiently. Instead, you can limit the empty calories. These come from foods with little or no nutrients. If some of the leading ingredients are flour, high fructose corn syrup, sugar or partially hydrogenated oils, you can bet the food does not support your health or weight loss.
- 2. Keep junk foods out of sight, and out of mind.** When ice cream is in the freezer or potato chips are calling to you from the pantry, they are hard to ignore. Keep healthy snacks that satisfy your cravings close by. If you have a sweet tooth, strawberries should do the trick. If you crave crunchy or salty foods, keep carrots or a variety of nuts in stock.
- 3. Do not drink your calories.** Soda, juice, coffee filled with creamer and alcohol can contain a ton of calories. By sticking to tea and water you can cut hundreds of calories each day. By simple cutting out a couple high-calorie beverages daily, you can easily lose several pounds.
- 4. Make fitness a priority.** If exercise is something that is done only when you have the time, chances are that it will not happen very often. Make fitness a priority and schedule it on your calendar like you would a lunch date or a doctor's appointment. Find what works best for you and stick to it. The best time might be first thing in the morning before the kids wake up, or in the afternoon when they nap. You may find that exercising with your child works best. Whatever time of day or type of exercise you choose, it is important to be consistent. Make it a priority and a habit.
- 5. Every little bit counts.** Getting in shape does not require a daily two-hour commitment at the gym. Something as simple as an afternoon walk around the neighborhood with the stroller, or squatting and lunging as you hold your baby can make a big difference.
- 6. Change your mindset.** Developing a positive attitude towards weight loss and health is absolutely necessary if you want to be successful. It has been proven over and over again that the mind and body work closely together. When your mind is saying exercise is a miserable chore, that's most likely what it will feel like every time you do. When your thoughts dwell on the excess weight, a hopeless attitude that will undoubtedly make the pounds harder to lose. Many people find that positive affirmations help. When you exercise, tell yourself that you are becoming a thinner and healthier person. The more you do this and believe it, the more likely it is to actually be true. As you are eating your balanced diet of whole grains, fruits and vegetables, don't think about the junk food you are missing out on. Instead, think of how fit and healthy you are becoming by feeding your body well.
- 7. Find inspiration that works for you.** Some may want to lose the weight so they can fit into their pre-pregnancy clothes. Others may want to get healthy to reduce their risk of heart disease and diabetes so they have a better chance of being around longer for their children. Another may need a role model or visual picture of someone they want to emulate. Motivations for getting in shape are unique. Figure yours out and use it to keep you going.
- 8. Get help.** Fitness and nutrition can seem overwhelming at times. Using online resources and hiring a fitness coach can be very beneficial. Having a personal trainer who is knowledgeable about exercise and nutrition will provide safe and effective workouts, as well as hold you accountable to regular exercise.

It only takes minor lifestyle adjustments to have a noticeable impact on both your physique and your health. You can do things as simple as changing breakfast from white bread toast with margarine to whole grain toast with a thin spread of natural peanut butter. Adding as little as 5-10 minutes a day of physical activity to your daily routine can facilitate gains in weight loss and improve health. Most of our daily routine is simply habit. Creating new habits takes just a little bit of time, and can be completely life changing.



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Your Guide to Choosing Life Insurance

Should You Get Coverage Through Your Employer?

Lots of companies offer their employees comprehensive benefits packages, and some include the option to purchase group life insurance. But if you quit, retire or otherwise leave your job, you may also have to leave your group life insurance behind. Among the many factors to consider when choosing life insurance, make sure that policy portability is near the top of your list.

Know the Difference:

INDIVIDUAL LIFE INSURANCE POLICY is purchased and controlled independently by a person.

GROUP LIFE INSURANCE POLICY is purchased through an employer or organization, often controlled by that employer or organization.

In 2002, group insurance represented 42% of all life insurance in force.(1) But is that type of coverage right for your family? Two million jobs were lost in the last two years.(2) In this uncertain economic climate marked by outsourcing and layoffs, many families could lose their group life insurance coverage.

Choose the Right Coverage for Your Family

With all the choices available, deciding how to protect

Group Life Insurance	Planner-led Term Life Insurance
No access to a dedicated representative	A licensed agent works with you to choose the coverage that meets your needs.
No consideration of your financial needs	Financial planners can offer a comprehensive Financial Needs Analysis to help you get your financial house in order, from debt to retirement and more.
The policy may offer guaranteed coverage only as long as your employment continues.	Term life insurance is portable. You take it with you wherever you go, regardless of your employment status.
Annual Renewable Term, ART, is the most common form of group products, but it doesn't usually come with guaranteed premiums. This means the insurer has the right to increase your premiums at will.	Quality plans offers level premiums that are guaranteed for the term of the policy or to age 90. This helps you control your costs.
Group life insurance coverage is usually limited to 2x your annual salary, which is well below the recommended amount of coverage for the average family.	Quality plans do not limit the coverage you can apply for, making it possible for most families to secure coverage which is 5-10 times their annual income, as what most experts recommend.
If you decide to leave the workforce, you may not qualify for a new life insurance policy based on your health.	Quality plans offer guaranteed coverage regardless of your health once the policy is issued.

(Continued on page 35)

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Dynamic Kid's Program

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SWFF is meeting at the AMC Theaters in Barton Creek Mall



swfamilyfellowship.com



Life Insurance- (Continued from page 34)

your loved ones can be difficult. Whatever type of life insurance program you choose, make sure you get the right protection from a company you can count on.

Philosophy: Get Coverage for When You Need It Most

Protection is most important while your family is depending on you to provide for them. At this stage in life, you're likely to have the most financial obligations — mortgage, young children, car payments and so on. As you get older, your financial commitments usually are fewer. The kids grow up. The mortgage gets paid off. That means you need less protection. It's called the Theory of Decreasing Responsibility.

Look for Solid Financial Ratings

The financial strength of your life insurance provider is important because it indicates the insurance company's ability to pay out your death benefit. You're counting on that money to be available to your loved ones, should they need it. Look for high ratings from companies such as A.M. Best, S&P, and Moody's.

Sources:

Primerica Financial Services

(1)ACLI 2003 Fact Book

(2)Parade Magazine, March 2, 2003

(3)www.quatloos.com

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Stuffed Animals Donated During the Girl Scouts Lake Austin Service Unit Sweetheart Dance on April 12th

Submitted by Karin Wilkinson



Girl Scout Lake Austin Service Unit



**Thanks again to
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Program must be purchased by June 27, 2008 & completed by Sept. 6, 2008.

A Hyperactive Nightmare on Two Legs Does This Sound Like Your Child?

Submitted by: Jeannette Quickenden S.A.C. Dip, MIGHT, AADP

Screaming fits, temper tantrums, hyperactive, letters home from school, lack of focus, antisocial and unacceptable behavior. Is your child? I so understand your situation. My young daughter can be a big pain depending on what she has consumed.

There could be a very simple solution to these behavioral issues. It is now widely accepted that food additives and delayed patterns of food allergies play an important role in causing learning and behavioral problems both in children and adults. A huge number of convenience foods contain a number of preservatives and colorants that have an adverse effect on some individuals, especially the young.

So what's the answer? Some suggest you cut out a whole range of foods and drinks such as all dairy products, yellow foods, junk food, all food with colorants, fried foods, soda and fruit juices for 2 weeks. You will then need to slowly reintroduce each of them and monitor any behavioral differences, but I know if I did this, my little one would be packing her bags and moving in with the neighbors.

I suggest the first step is to keep a food and behavior diary with time lines for 2 weeks to allow you to monitor what is drunk and eaten along with any personality changes. If you see a link between certain foods or drinks with a change in behavior, check all the ingredients

and see if there is a common theme, then avoid, to a degree, foods containing those ingredients. It would be a bit harsh saying your child can't eat birthday cake because of all the colorants, but you can do as I do and just think ahead and be prepared for the fallout.

Although every one is different the most common causes of food intolerance are colorants such as sunset yellow (E110), carmoisine (E122), tartrazine (E102), allura red (E129) and also products such as soda's, energy drinks and even those 'healthy' fruit drinks that contain lots of sugar.

Although it's hard it is to limit their favorite foods, it helps if once you have discover what might be affecting them try a similar alternative to their favorite munchie, but without those problem additives. Whilst this maybe time consuming it can be done. You will then need to educate them to avoid the 'bad' foods. If you are a busy parent or just need some help to put you in the right direction it is worth contacting diet and nutrition specialists. They can help by analyzing the diet and then going on a super market run with you to work out the 'good options'.

Now as the first option in fighting behavioral problems many parents and individuals are looking at what is consumed rather than opting for drugs as the only solution.




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NatureWatch

by Jim and Lynne Weber

Meet the Jollyville Salamander

Rare and under threat of decreasing population, the U.S. Fish & Wildlife Service has stated that the Jollyville salamander warrants protection under the Endangered Species Act, due to its habitat undergoing rapid degradation as a result of urban and suburban sprawl. Found only in the wet springs and caves of the Jollyville segment of the Edwards Plateau region of Travis and Williamson counties, the area this salamander inhabits is roughly bounded by the Colorado River, Mopac (Loop 1), Lake Travis, and U.S. 183. More specifically, its known range is limited to only six stream drainages, all of which are facing water quality issues.

Very little is known about this small, localized amphibian. Juvenile Jollyville salamanders are less than 1.5 inches long, and the adults grow to up to 2 inches long. They have large well-developed eyes, wide yellowish heads, feathery external gills, blunt rounded snouts, dark greenish-brown bodies, and yellowish-orange tails. Most salamanders have feather-like external gills when they are young, but the Jollyville salamander is neotenic, or keeps these external gills and remains aquatic for its entire adult life. Since they never take a terrestrial form, these salamanders prefer cool, shallow, clean water containing loose gravel. During drier periods, they remain in underground caves and water is provided for them by the infiltration

of surface water through the soil into the aquifer which discharges from the springs as groundwater.

Urbanization has been known to cause excess sediment to accumulate into the aquifer the salamanders inhabit and this sediment impairs their ability to avoid predators, locate food, and find mates. In addition, development of upstream salamander habitat provides sources of various other pollutants such as chemical fertilizers, pesticides, and petroleum products. During rainstorms, water runs off these urban areas and transports these pollutants into the salamander's aquatic habitat. This degradation of water quality has been shown to be linked to deformities of the Jollyville salamander in some locations, as well as to declines in abundance of salamanders compared to areas that are undeveloped.

While the Balcones Canyonlands Preserve (BCP) provides some water quality benefits for the Jollyville salamander through the preservation of drainages in the open space, several of the areas within its range have been or are being affected by water quality degradation occurring upstream and outside of the preserved tracts. Work is being done to monitor and improve these areas within the BCP, but residents in neighborhoods surrounding the preserve can go a long way in helping to restore and maintain water quality by

(Continued on page 39)

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Nature Watch- (Continued from Page 38)

carefully disposing motor vehicle fluids, washing cars at a commercial car wash (where the water is captured & recycled), fertilizing wisely (organically), using compost, and planting native plants that have no need for chemical pesticides & herbicides.

And lastly, do what you can to help support the purchase and preservation of open space, unique natural features, and rare inhabitants of the hill country -- it Keeps Austin Beautiful!

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them.

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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.

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

*See solution at PEELinc.com © 2006. Feature Exchange

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Recipe of the Month:



Oatmeal Cookies

- | | |
|-------------------|--------------------|
| 1 cup shortening | 1 tsp. vanilla |
| 1 cup brown sugar | 1 tsp. salt |
| 1 cup white sugar | 1 tsp. soda |
| 2 eggs | ½ cup chopped nuts |
| 3 cups quick oats | 1½ cup flour |

Cream shortening, sugars, eggs, and vanilla. Add dry ingredients and nuts. Chill. Shape into walnut size balls. Roll in sugar and cinnamon mixture. Bake at 350° for 10 minutes.

If you would like to submit YOUR recipe email it to info@circlecranch.info.

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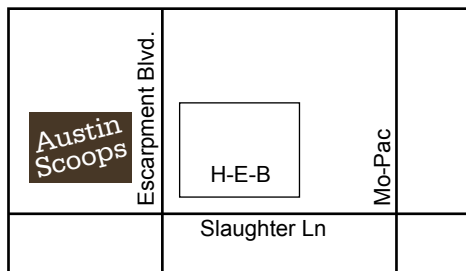
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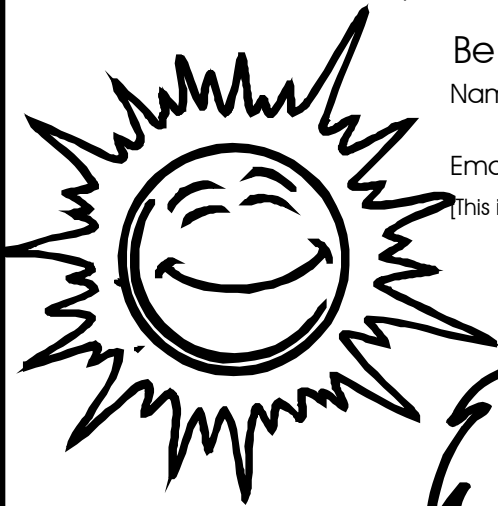
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Austin Real Estate Partners' Market Report							
Circle C Ranch by Neighborhood	6 Months Sold History (Nov '07 - Apr '08)					CURRENT MARKET	
	TOTAL	AVERAGE				TOTAL	
	Homes Sold	Square Feet	Price / Sq. Foot	Year Built	Days On Market	Available	Pending Sale
Circle C Central	36	2,832	\$ 110	1992	62	28	14
North	21	2,005	\$ 130	1996	60	11	2
Wildflower	14	2,252	\$ 127	2002	52	5	5
On The Park	2	3,060	\$ 108	1998	26	0	2
Vintage Place	3	3,099	\$ 119	2005	94	6	0
Hielscher	9	3,255	\$ 118	2003	92	14	2
West	17	3,480	\$ 120	2004	97	14	3
Park West	8	2,463	\$ 137	2001	46	2	2
Park Place	5	2,522	\$ 131	2005	53	0	0
Muirfield	4	3,812	\$ 156	2005	99	7	0
Enclave/Stone Creek	11	2,580	\$ 124	2006	59	11	2
Alta Mira	8	2,960	\$ 130	2007	93	6	1
Circle C Ranch Total	138	2,747	\$ 123	2000	68	104	33
% Change Mo/Mo	-3%	0%	0%	0%	6%	27%	14%

Market Report data was obtained from the Austin-Multiple Listing Service (MLS) on 05/07/2008. 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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