



# CIRCLE C RANCH

The Official Publication of the  
Circle C Homeowner's Association

## Newsletter

Volume 5, Number 9

September 2008

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

### The Vision Coming Into Focus

*Submitted by Rob Johnson, CCHOA President*

Thanks to everyone who submitted comments and suggestions regarding the West Pool project. Your input has been invaluable as we work to translate artist's drawings into budgets and actual construction plans. The strong consensus from your e-mails confirmed the direction the Board wanted to take – building a high-quality facility while keeping the costs realistic so as not to bankrupt the Association or cripple it with heavy debt. It is always reassuring as a Director to have confirmation that your intended plans accurately reflect the desires of the neighborhood.

A few of you commented that you had no use for a pool because you do not swim. An integral part of the project is the community center. This amenity will best serve Circle C if we receive input from every segment of the community. In designing meeting space for those who are not interested in swimming, we need to know how you would like to use the space. What types of clubs, meetings and/or activities could use convenient meeting space in Circle C? How many rooms could we regularly use, and how many people should we plan on accommodating? What special features should we include? Do we need an indoor sports court, a large meeting hall, a stage area, or a full kitchen? Let us know what clubs or other organizations you'd like to house in the community center, or what events you have that you'd like to be able to rent space for. Neighborhoods with well-designed community centers keep them busy almost every day. With your input, we can build a community center that has something to offer every member of the Association.

Be creative, and help us design a neighborhood facility that will serve the needs of every resident of Circle C. It is clear from our research that there is a real need for public meeting space in South Austin. As your elected Board, we want to make sure that we design a community center that meets the needs of Circle C residents first and foremost, and then serves the greater community as well. With your help, the new facility will become a true focal point that brings our neighborhood together and serves all ages and interests. Once the Center is filled with people and activities, Gary Bradley's vision will transcend the collection of buildings and landscaping to become a living, breathing community. Help us bring it to life. We look forward to hearing from you in the coming weeks at [directors@circlecranch.info](mailto:directors@circlecranch.info), or call Denise at 288-8663.

### Landscape Contract Re-Bid

*Submitted by Cynthia Moreland, Board Member*

The Ad Hoc Landscape Committee recently put the landscape contract out to bid to over 15 qualified area landscape companies. They were pleased to receive ten RFP's and are currently in the process of evaluating the bids before making a recommendation to the board of directors. The board will then do an evaluation and hopefully make a selection by the September board meeting. The board would like to thank the committee members (Tony Gendron, Jackie Trojanowski and Pat Northington) for all their hard work.

### NEW FALL POOL HOURS

*(Aug 25 – Oct 6)*

#### Lap Swim

Mon – Fri 6am – 9am & 4pm – 8pm,  
Sat 7:30am-8pm, Sun 10am – 7pm

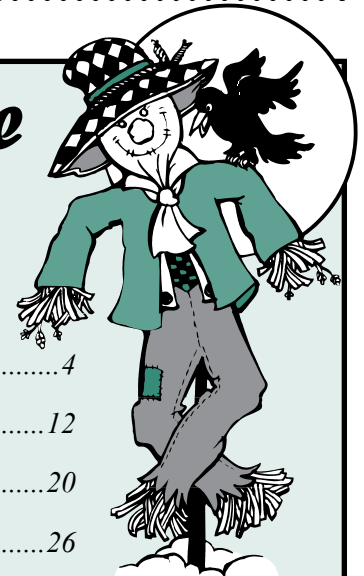
#### Recreational Swim

Mon – Fri 8am – 10am & 4pm – 8pm,  
Sat 10am – 8pm, Sun 10am – 7pm

### Welcome Fall!

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## 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.....512-263-9181  
 Adv./Kelly Peel ..advertising@PEELinc.com, 512-263-9181  
**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

## 2008 Board of Directors

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 Steve Urban..... Vice President  
 Cynthia Moreland ..... Secretary  
 Russ Hodes..... Treasurer  
 Jason Bram.....Development Officer  
 Sam Irwin..... Board Member  
 Cindy Groves ..... Board Member  
 Contact Information ..... Email: directors@circlecranch.info

## IMPORTANT NUMBERS

City of Austin Solid Waste..... 974.1945  
 Dead Animal Collection..... 974.2000  
 Abandoned Vehicle ..... 974.8119  
 Pothole Complaints..... 974.8750  
 Stop Signs ..... 457.4885  
 Street Light Outage..... 505.7617  
 Schools  
 Clayton Elementary ..... 841.9200  
 Kiker Elementary..... 414.2584  
 Mills Elementary ..... 841.2400  
 Bailey Middle School ..... 414.4990  
 Small Middle School ..... 841.6700  
 Bowie High School..... 414.5247  
 SAYSA..... 899.1049



View the Kids' Club Contest Winners  
 online each month at  
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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 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 PLEASE CALL the HOA office at 288-8663. It's impossible to know everyone's individual situation, so we appreciate communication from you.

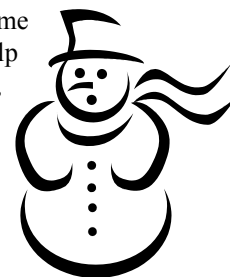
If you have a deed restriction to

report, you may submit the specific address at [info@circlecranch.info](mailto:info@circlecranch.info) or give us a call at 288-8663. Violations that are reported are generally checked with 3 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>



### Holiday Party Volunteers Needed

Although it's still 100 degrees outside, it's already that time of year to start planning our Holiday Kid and Adult Events. We need YOU however to make it happen. Our Special Events Committee will be meeting over the next several months to brainstorm and plan the exciting children's event to be held on December 13, 2008 and the adult holiday event to be held on December 20, 2008 at the Lady Bird Johnson Wildflower Center and we need new volunteers. If you have time to help plan or time to help on the day of the event, please send us an email at [info@circlecranch.info](mailto:info@circlecranch.info). Remember, these events cannot happen without volunteers!



# Come join the family!



**Southwest Family Fellowship:** Providing parents with the resources they need to teach their kids values and character in a safe and fun environment

#### 1<sup>st</sup> Service:

9:00 AM - Adult Worship  
Service & Dynamic Kid's Program

#### The Buzz:

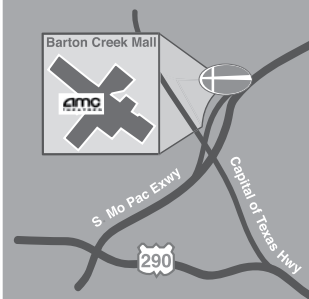
10:20 AM - An interactive  
service for kids and their parents

#### 2<sup>nd</sup> Service:

11:00 AM - Adult Worship  
Service & Dynamic Kid's Program

(512) 282-7771

SWFF is meeting at the AMC  
Theaters in Barton Creek Mall



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## CCHOA News Continued



### 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/>

### Website Advertising

We will be beginning a trial advertising period on the new website beginning August 15, 2008 (on a first come, first serve basis). The home page ([www.circlecranch.info/Your-Home.htm](http://www.circlecranch.info/Your-Home.htm)) will have a block available for 15-25 rotating flash logo's at a monthly rate (the rate will be dependent on the feedback and our own costs to provide the service). The resolution will be 172 (W) x 152 (H) pixels (26,144 pixels). Each web page is 760 x 760 pixels (577,600 pixels) so the ads will be roughly 5% of the home page. Each ad will get a time share based on a full turn over every 60 seconds. Please contact the Management Office if you are interested at 288-8663.

### National Night Out has Moved!

The City of Austin has moved the date of National Night Out to October 7, 2008, the CCHOA is currently in discussions with the City about possibly hosting an event on gun safety at the Swim Center – look for more information in the next newsletter and on our website.



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## CCHOA News Continued

## New Basketball Goal Entrance at the Swim Center

As some of you have probably already noticed, the basketball court area at the Swim Center has been fenced off so that it can be accessible to residents when the Swim Center is not open. The gate is operated off of the same system as your ID card and only operable when the swim center is closed. If you are interested in accessing the basketball court after hours, please stop by the Swim Center office so that the front desk can issue you a new ID card. Please call 288-6057 with any questions.



## City to Begin Accepting More Recyclables

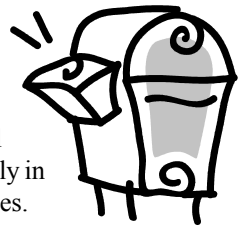
Beginning in October, the City of Austin will begin accepting all rigid plastics #1 - #7 and boxboard which includes cereal and soda boxes, these can all be placed in your single stream recycling bin. For more information about the City of Austin's Single Stream recycling program, visit <http://www.ci.austin.tx.us/sws/singlestream.htm>

## Parking in the Street

Although the CCHOA does not have jurisdiction over the streets in Circle C (the City of Austin does), we would like to encourage all homeowners to park first and foremost in their garage if possible (after all, that's what a garage was intended for), if that's not possible please park in your driveway and if you absolutely must park in the street, please be courteous of your neighbors and park directly in front of your own home. Thank you for doing your part in keeping Circle C a wonderful place to live.

## Outgoing Mail Drop Box to Move Locations

The US Post Office will be moving the current outgoing mail drop box located at the main post office (in the swim center complex) sometime in the near future due to its' current location. Currently the mail drop box is located adjacent to a marked fire zone which causes vehicles to park illegally to drop off their outgoing mail. The mail drop box will be moved under the covered mail kiosk directly in front of the marked mail center parking spaces.



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## CCHOA News Continued

### Gated Community Council

*by Russ Hodes, CCHOA Treasurer*

Circle C Ranch has 4 Gated communities within it (Park West, Muirfield, Enclave I, and II). Each of these neighborhoods has their own HOAs, which add more control and additional services. Park West was the first of these HOA's to get on its feet and they have been working closely with CCHOA ever since. So, when Muirfield's HOA elected officers, I thought it would be beneficial to bring them together, along with our CCHOA board, to meet each other and share best practices.

For lack of a better term, I'm calling it a "Gated Community Council" meeting. The first one is scheduled late in July, after our Newsletter deadline, but my expectation is that this will be an informal meeting with no specific agenda. The gated communities all work under all of the same CC&R's that the rest of Circle C Ranch does, but they also have their own landscapers and tighter security, by virtue of a gate and fence.

They don't allow solicitors and street parking is discouraged. They have the same city services as the rest of us, except for street maintenance. They are entirely responsible for their roads, sidewalks, street lights and mail centers.

Since street repairs can be very expensive, they may also have to keep a rather large reserve fund. Park West, in fact, has already had a Reserve Study prepared for them, so that they can better plan for future maintenance and repairs. Some of the things that I think they will want to share among themselves, include banking, property management companies, landscaping contracts, street parking, gate policies, web sites reserve funds, security, communications and vendor recommendations. We also have offered them a column in our Circle C Newsletter. You might have read the articles for Park West residents and I think you may see more for these newer gated sub-divisions.

### 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, in your garage or behind shrubbery. 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

### Circle C Landscape

Submitted by Susan Hoover

It is early August and I am writing this for the September newsletter. So, at the current time, it has been over 100 degrees for more than 40 days. Hopefully, by the time you read this, we will have had a couple of good rains and some 90 degree days.

In August, we essentially try to keep everything alive under increasingly adverse circumstances. On the commons areas, you will notice that the goal of really green grass has now given way to grass that will green up with a few good rains. Beginning early August, we start hand watering trees and shrubs that show stress and need deep watering. We will continue this into September if necessary. The additional problem with no rain is that over time the vegetation will begin to yellow from both the hot sun and from the irrigation water which contains chlorine.

Once the weather cools down a good 10 degrees, you might be motivated to get out and work in your garden. During this time of year, it is a good idea to cut back any die back or legginess in shrubs, annuals, and perennials. They will recover and give you a good blooming cycle for the fall.

Turf is easily damaged here between our rocky and shallow soils and, most often, St. Augustine yards which really do require at least afternoon shade. If your yard is spotty, you can add some good turf

topper (high quality composted soil) at the rate of about 1/2" and water it in during your normal sprinkler cycle. When the weather starts changing, it is prime time for brown patch, the most common disease of St. Augustine grass.

Preventing brown patch takes a determined approach. Many people over-fertilize St. Augustine and this contributes to the disease. Also, make sure you water in the early morning so the yard can be dry at nightfall when fungus tends to take over. You can treat the areas with 1 cup of milk mixed in a gallon of water (use every seven days), or if you want a chemical, look for a fungicide that is specifically formulated for St. Augustine brown patch at your local garden store. Do not apply your fall fertilizer yet, wait for the cool end of October weather.

In September in Circle C we will be carrying on the normal maintenance tasks of mowing, trimming, and weeding. In addition, we hope to be replacing some shrubs on Escarpment, weather permitting and setting up some new beds. We are also planning a weed treatment for the Spruce Canyon area south of Lacrosse.

If you have any questions about common area care or landscape services in general, please feel free to email me at shoover@onr.com.



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## CCHOA News Continued

### Vintage Place and Wildflower Park – Phase II improvements

by Russ Hodes, CCHOA Treasurer

The Amenities Committee is about to begin meetings to start the second phase of improvements for the new Playscapes in Vintage Place and Wildflower Park. We would hope to include several of our members from those neighborhoods in this next phase. Please contact the CCHOA office and look for an announcement of the Amenities Committee meetings on the website. The committees always announce their meeting places ahead of time and members are encouraged to attend. But, for this project, in particular, it would really be helpful to have local resident's involved.

The second phase may include adding walking paths, water, electricity, and other improvements. We also have an Amenities Master Plan that outlines some suggestions on how these parks might be further developed. There are a lot of very creative options for small "pocket parks" and playscapes which go beyond the usual park benches and trash cans. A drinking water fountain or a water sculpture has been suggested, as well as more landscaping. Another thing we hear about a lot is shade.

If you are interested, please join us, or at least send us some of your thoughts and ideas about how best to improve these two new parks. We'd like to begin work in the fall.



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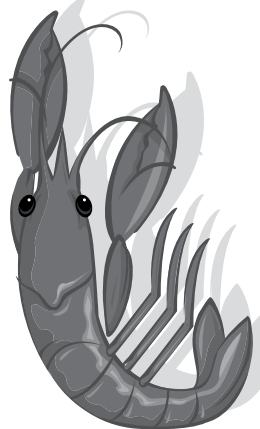
# FREE Stuff!

**Come dine with us during September and we'll give you a FREE gift!**

There's a catch though – you have to come back in October to find out what it is! There'll be FREE food certificates from Cypress Grill as well as prizes from other local merchants and restaurants. You're a guaranteed winner – just come on by during September.

**Cypress Grill turns 6 years old this September and we're celebrating all month long! We just wanted to say, "Thanks" for making us a continued success and member of the community.**

***Come savor our delicious food, get a FREE gift and pass a good time with your friends and neighbors.***



### Never been here?

You'll love our great kid's menu, fresh salads, savory pastas, Fresh Gulf seafood, authentic New Orleans po-boys and award-winning Louisiana specialties. And don't forget to try our famous Mojitos and Bloody Marys! See you soon!

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## CCHOA Clubs & Announcements



### Attention Moms!

*Do you have these symptoms?*

Think spaghetti is a finger food?

Sleep "like a baby" (up every 4 hours)?

Write your grocery list in crayon?

Say "bye-bye" to everyone?

**Diagnosis:** MOPS: Mother of preschoolers (ages birth through kindergarten)

**Prescription:** Attend a MOPS Meeting at Westoak Woods Baptist Church! Relief is usually immediate! You're Invited to our first meeting September 8 from 9:00 to 11:30 a.m. Childcare provided. Please RSVP to Stacey Culver at 301-7760 or [sculver@austin.rr.com](mailto:sculver@austin.rr.com)

## The Beijing/Circle C Connection

*Submitted by Ellen Williams*

When the Olympics begin on 08/08/08, you'll have a chance to cheer for two first-time Olympians with Circle C Ranch roots.

Sprint star Garrett Weber-Gale, who won both the men's 50-meter and 100-meter freestyle events at the U.S. Olympic Trials in July, lived in Circle C Ranch and swam for Circle C Swimming during high school before becoming a University of Texas standout and NCAA champion in the 100-yard freestyle. In the process of winning the rare sprint double at the Olympic Trials, Garrett set two American records and became the first American to break the 48-second barrier in the 100-meter freestyle. As the fastest American in the water, Garrett will swim the two sprint events and likely swim two relays for Team U.S.A.

Scott Spann, who pulled off a surprise victory in the men's 200-meter breaststroke at

the Olympic Trials, got his feet wet with Circle C Swimming as well. Spann will swim his first semester at UT this fall after transferring from the University of Michigan.

In addition to these first-time Olympians, world record holders (and former Circle C Swimming stars) Ian Crocker and Brendan Hansen are returning to the Olympics. Crocker, who won silver in the 100-meter butterfly at the 2004 Athens Olympics, set the world record at the 2005 World Championships and will make his third trip to an Olympic Games. Hansen, who won silver in the 100-meter breaststroke at the 2004 Athens Olympics, is the world record holder and won the event at the Olympic Trials.

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## CCHOA Clubs & Announcements *Continued*

### US Air Force Academy Cadet Wing Accepts T. J. Vaughn

*Submitted by James Edwards, Circle C Resident*



**USAFA Cadet T. J. Vaughn receives his 4th Class epaulettes from USAFA Cadet 2nd Class Lepato**

After successfully completing 38 days of Basic Cadet Training at the United States Air Force Academy, T. J. Vaughn - a Circle C resident and 2008 honor graduate of Bowie High School - was admitted to the Air Force Academy Cadet Wing on August 6, 2008 during its Acceptance Day Parade. His mother and step father, Drs. Cindy Vaughn and James Edwards, traveled to Colorado Springs to attend the ceremony honoring the Class of 2012 cadets.

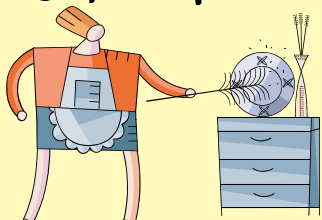
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## CCHOA Clubs & Announcements Continued

### Park West HOA News

(Specifically for Park West Residents) - Submitted by Jackie Rollins

#### Notes from the Board

Besides working diligently on a draft for potential covenant changes, which will be shared with residents soon, the Park West HOA Board has been busy considering and approving other issues that have a direct impact on us all. In mid August, the Board sent out to each homeowner copies of the Park West Dues Collection Process and Homeowners' Forum Policy, just recently approved at the Board's July 28 meeting. And while we're on the subject of a homeowners' forum policy - do you have a minute? In fact you can have five to present an issue or question to the Board at the beginning of a meeting. The Board meets on the third Monday of each month (check a mail center bulletin board for possible changes), and all you have to do to speak your mind is to contact Board Secretary Jackie Rollins at 301-1839 or e-mail JackieRollins02@aol.com to reserve your five minute spot.

#### Lot 103 Update

Anyone attending the last couple of HOA meetings can attest to the fact that Lot 103 certainly generates a great deal of interest. Homeowners whose residences border the lot paid a hefty sum for that privilege. Sales people representing the builders in this area gave many differing accounts of just what Lot 103 is. Frances Bush, who is assigned by the PWHOA Board to be "in charge" of this project, has spent time walking the area and talking to the City of Austin, since they have their signs posted over a considerable portion of the lot. It took a great deal of her time on hold trying to determine just who in the City was responsible for the signs and what was expected of the homeowners in Park West. She eventually found out that this lot is part of the City of Austin's Watershed Protection Area. More specifically, it is part of the Slaughter Creek Watershed, which, in turn, is part of the Edwards Aquifer Recharge Zone. Its purpose is to serve as a buffer for Park West run-off before it reaches Slaughter Creek. Being part of an environmentally sensitive area, there is little we can do to the area; however, we are required to maintain it, which means removal of trash and dead vegetation, especially in the drainage areas on the lot. (Note: Lot 103 borders Park West Lots 57-75 and Lots

78-54.) The HOA Board is proposing a meeting of all homeowners, especially those that immediately border Lot 103, who are interested in listening to concerns about Lot 103 and brainstorming any possible solutions. The meeting is tentatively planned for Tuesday, September 30, beginning at 6:00 p.m., at the Child Development Center. Check a mail center bulletin board closer to that date to confirm the actual day and time. Those attending should park on the east side of the CDC.

#### Landscaper News

Sprinkler checks are still going strong. If you haven't taken advantage of your free front yard inspection yet, call Jackie Rollins, landscape liaison, at 940-5745 or e-mail her at JackieRollins02@aol.com to schedule one. In some cases, it can be done the same day you contact her, so..... what are you waiting for! We've had a couple of good rain showers since the last newsletter, but your front yard is still counting on your sprinkler system - in good working condition - to keep it looking its best in this hot weather.

#### Mail Center Trash Containers

The containers, primarily the one at the west mail center, are suffering from overuse. The bags can't be changed fast enough because some people are not only discarding unwanted mail, but dog waste and leftover food containers and cups as well. Since Circle C Landscape relinquished responsibility for emptying and replacing the bags this past January, Park West has had an agreement with Pearson Landscape to "keep an eye" on the containers and change the bags when full. However, Pearson is not in the neighborhood on a daily basis, and most certainly not on the weekends, so a serious problem with refuse overflow has developed. Therefore, your cooperation is requested. In order for the containers to remain in place for your convenience, please use them gently. With identity theft ever present, consider taking your junk mail home to place in your recycling bin instead of tossing it into a public receptacle; and never, ever place anything that eventually will cause an odor, such as food and dog waste, into the containers.

(Continued on page 15)

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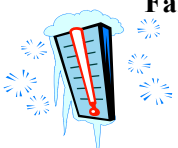
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## CCHOA Clubs & Announcements *Continued*

**Park West HOA News - (Cont. from page 14)**

### Broken Record Department

- Use your automatic sprinkler system according to the City of Austin ordinance:
  - Odd numbered houses – Wednesday and Saturday.
  - Even numbered houses – Thursday and Sunday.
  - NO sprinklers on between 10 a.m. and 7 p.m. – ever.
- Place your garbage and recycling containers out of view from the street, either in the garage or behind the fence. Do not leave them curbside longer than a total of 12 hours from before and after pickup. If you are gone on pickup day, arrange for a neighbor or friend to place them at the curb and return them to their resting place within the 12 hour time frame. Never put them out a day (or earlier) in advance or leave them out for a day or longer after pickup. There are some residents – gasp! – who actually do that.
- Carry a plastic bag for the scooped poop when walking your dog.
- The speed limit on all Park West streets is 20 mph. Please slow down.
- No overnight parking is allowed on the street. Move your vehicle onto the driveway or into the garage.

### Park West Community Website

Since the website was last mentioned in an earlier column, several new residents have moved into the neighborhood and may not know about this great communication resource. If you haven't signed on yet, you don't know what you're missing: discussion groups, photos of pets and social activities, community documents (including financial reports), Board meeting minutes and much, much more! Don't wait any longer.... e-mail JackieRollins02@aol.com now for sign on instructions.

If you know someone who should be given credit for being a good neighbor, please e-mail their name and a brief description of what good deed they've done to JackieRollins02@aol.com for inclusion in next month's column. Until then, your suggestions and ideas for topics are appreciated.

### 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](mailto:info@circlecranch.info) by the 12th of the month. The newsletter can also be viewed online at [www.circlecranch.info](http://www.circlecranch.info)

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**CCHOA Clubs & Announcements Continued**

**Table Manners Aren't Child's Play...**

*Submitted by Marisol Foster*

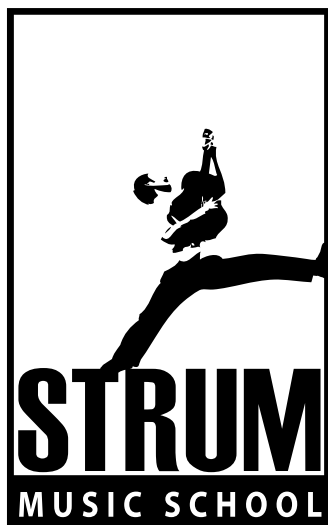
...but children who don't learn to wait their turn for the mashed potatoes or to chew with their mouths closed may face bigger challenges later in life, especially in their careers. "The number one reason people lose their jobs is that they don't interact well with others," according to a recent Wall Street Journal article. If children develop good manners early on, they are more likely grow up with respect for and consideration of others, and are more confident in their friendships. "Children who grow up with the knowledge of proper etiquette have a lifelong advantage," said Anne Winters, Executive Director of the National League of Junior Cotillions™ (NLJC). Many young adults are now entering the workforce without any etiquette training. In this competitive job market, a polished resume just isn't enough anymore.

The underlying problem in our busier-than-ever society is that not all households place the same values on etiquette training. Many times, both parents spend the majority of their days at work, and between sporting events, piano recitals, summer camp, and Mandarin lessons, kids are just plain busier than ever. Let's face it; kids aren't going to learn manners from other kids during their free time. Undoubtedly, all of afore-mentioned extra-curricular activities

are important to the development of a teen's physical, emotional and social well-being, but developing a good foundation in etiquette is a lifelong asset that can be constantly enhanced. There is no off-season for social graces, and proper etiquette is unequivocally the most beneficial universal language one can learn. Peyton Manning, who was named #1 on the NLJC's list of the "Ten Best Mannered People," responded to this national award saying, "I try to conduct myself on and off the field with grace and dignity...I try to carry myself in the manner my parents always taught me." For those of you keeping notes, his thank you letter to the NLJC was written in stellar format.

The young, energetic new Co-Directors of the National League of Junior Cotillions-Travis County, Courtney Duncan and Marisol Foster, certainly understand the importance of knowing how to tie a tie and setting a formal 5-course place setting, but they also understand the importance of making a potentially awkward experience enjoyable, current, and something teens can relate to. "I vividly remember being 12, at the middle-school dance, in the bleacher-barren school gym. Boys standing on one side, and girls on the other, neither willing to

*(Continued on page 17)*



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## CCHOA Clubs & Announcements Continued

### Table Manners - (Cont, from page 16)

make the first awkward move. Cotillion is our attempt to remedy future empty dance floors, and improve communication and social skills, both inside and outside of the classroom," Foster said. The Cotillion season consists of six instructional dances which cover various etiquette topics including how to enter a room and walk gracefully, proper body language, introductions, how to set and clear a table, what utensils to use and how to use them, tipping, cell phone etiquette and other social graces. In addition to the social how-to's, a variety of dances are taught: the Foxtrot, Waltz, Swing, Cha-Cha, many of which - believe it or not - are danced to tunes from new artists. The comprehensive program's curriculum was developed so that it builds from year to year. The second and third year consist of more advanced dances including Salsa and Merengue. Not to worry, seventh and eighth graders new to Cotillion, each year of the program is designed for newcomers and experienced students alike. The curriculum also includes high school preparation, job-interviewing skills, and international common courtesies. Parents, look out, you may be surprised at how fast your children pick up the skills. For those of who don't remember, the napkin is left on the chair if you're planning to return to the table and placed on the table if you are leaving for good.

While membership into the NLJC is by invitation only, the classes are open to any interested sixth, seventh, or eighth grader. "The purpose of the formal invitation is to make Cotillion a special experience for each young adult, from the initial point of communication, to the big end-of-season event, the Grand Ball," says Duncan. Any parent interested in learning more about the program can contact Courtney Duncan or Marisol Foster at 512.369.8302, or at [duncan.foster@nljc.com](mailto:duncan.foster@nljc.com). Please visit our website at [www.nljc.com/chapter/westaustin](http://www.nljc.com/chapter/westaustin) for more information about the program, or to learn about a parent informational session, which will be held on Tuesday, August 26th. Enrollment is limited, but registration is now available online.

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## CCHOA Clubs & Announcements Continued

### Samantha and Marissa

*Submitted by Tracy Eilers, D.M. Executive Director Adoption Coalition of Texas*

The 2008 Heart Gallery of Central Texas is almost here! It will be unveiled at SPAZIO's on September 18, 2008. This picture is featured on our invitation this year, with the hopes that someone will see them and give us a call. You see, Samantha is 16, turning 17 in September and Marissa is 10. These two girls are full of life, hope and plans.... but they need a permanent, forever family to help them grow and learn. Even at 17, Samantha still needs a family. She's missed out on the fun things girls get to do with their parents. While she has learned a lot of life's lessons, they are not the kind that create memories for a happy childhood. Each of these girls still have a lot of room to grow and a lot of love to give. Help them to believe!

Here is a quick profile prepared by the girls Wendy's Wonderful Kids Recruiter:

Samantha and Marissa are beautiful siblings who enjoy listening to music. Samantha is funny and sweet, she loves playing softball, drawing and writing in her journal. She will be going into the 9th grade and participates in special education. Marissa is energetic and friendly, she likes to color and play board games. She will be going into the 3rd grade and participates in special education. Both girls hope to attend college at the University of Texas in the future.

These sisters hope for a family that enjoys going to church as much as they do. They also hope that their adoptive family enjoys to swim. Samantha and Marissa are legally free for adoption and look forward to meeting their adoptive family.

Here are also two additional links for information.

TARE Profile: <http://tare.dfps.state.tx.us/search/SibDetail.jsp?SibGroupNumber=24326>

News 8 Forever Family Segment: [http://www.news8austin.com/content/living/forever\\_families/?ArID=195785&SecID=428](http://www.news8austin.com/content/living/forever_families/?ArID=195785&SecID=428)

If you would like to learn more about adopting from foster care, Samantha and Marissa or hear more about The Heart Gallery of Central Texas Gala on September 18th, please call us at 512-301-2825 or [tracyeilers@adopttexas.org](mailto:tracyeilers@adopttexas.org)



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## Circle C Amenities



Child Development Center

### Circle C Child Development Center Earns National NAEYC Accreditation

*Submitted by Renee Sommers*

Program Among First in Nation to Complete More Rigorous Accreditation Process

Circle C Child Development Center located right here in Circle C is proud to announce that it is one of the first early childhood programs to earn accreditation from the National Association for the Education of Young Children (NAEYC) – the nation's leading organization of early childhood professionals. The CDC achieved this goal on July 31, 2008.

"We're proud to have earned the mark of quality from NAEYC, and to be recognized for our commitment to reaching the highest professional standards," said Michelle Moran, director of the CDC. "NAEYC Accreditation lets families in our community know that children in our program are getting the best care and early learning experiences possible." The CDC strives to meet the individual needs of each child who comes through its doors by providing meaningful learning experiences that help develop the whole child. The entire

staff is honored and excited about achieving this mark of continuing excellence.

To earn NAEYC Accreditation in the new system, Circle C Child Development Center went through an extensive self-study process, measuring the program and its services against the 10 new NAEYC Early Childhood Program Standards and more than 400 related Accreditation Criteria. The program received NAEYC Accreditation after an on-site visit by NAEYC Assessors to ensure that the program meets each of the ten NAEYC program standards. NAEYC-accredited programs are also subject to unannounced visits during their accreditation, which lasts for five years.

In the 20 years since NAEYC Accreditation was established, it has become a widely recognized sign of high quality early childhood education. More than 11,000 programs, serving one million young children, are currently accredited by NAEYC – approximately 8

*(Continued on page 21)*

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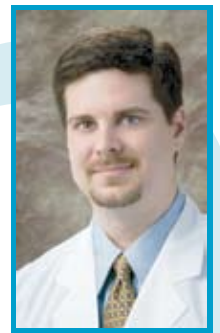
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## Circle C Amenities Continued

### CC Child - (Continued from page 20)

percent of all preschools and other early childhood programs. "The new NAEYC Accreditation system raises the bar for preschools, child care centers and other early childhood programs," said Mark Ginsberg, Ph.D., executive director of NAEYC. "Circle C Child Development Center's NAEYC Accreditation is a sign that they are a leader in a national effort to invest in high-quality early childhood education, and to help give all children a better start."

The accreditation decision proves that the Child Development Center is at the top of its game and Circle C should be proud to claim this center as its own.

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## Circle C Amenities Continued

### Circle C Tennis Club

*Submitted by Fernando Velasco*

#### Circle C Tennis Club

The Circle C Tennis Club is the most "affordable" private Club in Austin. The dues paid to the Circle C Home Owners Association do not give automatic usage of the courts. Residents and non-residents of Circle C Ranch are welcome to join. There is an affordable one time non-refundable Initiation Fee for the different types of Membership. Monthly dues paid allow Members to use the Tennis Courts on an unlimited basis, plus be able participate in all the programs that the Tennis Club offers. As part of your membership, you can take advantage of the complimentary clinic given each week for women players.

At the Tennis Club, you will find valuable, friendly first-class beginner lessons and opportunities to attend our cardio tennis workouts. Our tennis teams, for both men

and women, play in the WTTA and USTA/ATL Leagues throughout the year in all levels of play, starting from advanced beginners through tournament players. Our Junior programs are very active and offers lessons for all age and play levels, starting with our Pee-Wee classes to college bound tennis players.

Social Mixers are scheduled once a month, and our Men's and Ladies' weekly nights are well attended.

For membership information, please contact us at 301-8685 or visit us at the tennis facility located across the Grey Rock Golf Club.

#### Fall Tennis Programs

The Circle C Tennis Club will be offering lessons for adults and juniors of all ages and abilities during the Fall months. Lessons are

taught by Fernando Velasco, Darin Pleasant, Mari Toro, Mandon Maloney, and Danny Rodriguez.

#### Fall Schedule – Begins the week of August 25, 2007

##### Juniors

- Pee Wee for ages 3-5 (half-hour sessions)
  - Mon. and Wed. 4:00 – 4:30 pm
- Grand Prix for ages 6-8:
  - Mon. and Wed. 4:30 – 5:30 pm
- Grand Prix for ages 9-11:
  - Tuesday and Thursday, 4:30 – 5:30 pm
- Grand Prix for ages 12-15:
  - Mon. and Wed., 4:30 – 5:30 pm
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*(Continued on page 23)*



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## Circle C Amenities Continued

### CC Tennis Club - (Continued from page 22)

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- Pre-Advanced Tournament Players – Level III (By Invitation Only)
  - Monday and Wednesday, 7:00 pm – 8:30 pm
  - Friday, 4:00 pm – 5:30 pm
- ATP (Advanced Tournament Players) (By Invitation Only)
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- Monday, 6:00 – 7:00 PM (Co-ed)
- Thursday, 8:30 – 9:30 am (Ladies)
- Friday, 10:00 – 11:00 am (Ladies)
- Saturday, 11:30 – 12:30 pm (Co-Ed)

To sign up, please stop by the Tennis Pro Shop. For more information, you may contact us at 301-8685 or visit our Web-site: [www.circlectennis.com](http://www.circlectennis.com)

## September Events at the Wildflower Center

*Submitted by Saralee Tiede*

**A Place of Dreams** - Bruce Tinch's dramatic photography of Caddo Lake at the McDermott Learning Center August 30 through October 12. Meet the artist from 1 to 4 p.m. Sunday, September 14

**Labor Day** - We are open. Store sidewalk sale. Monday, Sept. 1

**Austin Museum Day** - Free Admission. Our Women in Science program is an opportunity to meet plant biologists, mathematicians, chemists and other women scientists from 1 to 3 p.m. in the Visitors' Gallery. Guided garden tours on the hour, 10 a.m. through 1 p.m. Also, in the store from 1 to 4 p.m., Jerry Wermund will sign his children's books, Earthscapes and Soil: It's Not Just Dirt, and Debbie Leland will sign Jalapeno Man. Sunday, September 14

### Nature Nights – Plants & People

From dyes to jelly, medicine to your daily meal, find out the benefits of native plants in our everyday lives at this family event. \$1 admission, 6 to 9 p.m. Friday, September 19

**Welcome, Smithsonian Members!** - Free admission for members of the Smithsonian Museum. Saturday, September 27

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## School News



### Volunteers (like you!) help students SOAR to new heights in reading

*Submitted by Melinda McKenna*

We all like a little special attention now and again. And when you're a kid in elementary school, that extra attention could make the difference between passing and failing the state mandated TAKS test.

Six years ago Kiker Elementary parent Sue Smaus started "Camp Read", a program designed to give additional individual to students in danger of failing the reading portion of the TAKS test. In 2006, the program was transplanted to Clayton Elementary. Redubbed "SOAR" (Students on Adventures in Reading), the program has helped over 100 students prepare for the state exam.

According to program coordinator Nina Telangs, children are selected to participate based on their benchmark scores. If the teacher or the administration thinks that the student will benefit

from some individual attention, they participate in SOAR. The SOAR student is typically one who doesn't have a reading disability, but just needs practice.

There's truth to the old adage that practice makes perfect. Last year, every child who participated in the spring semester of SOAR passed in the first try. And what's more, over 50% of the 3rd grade SOAR children earned commended scores in their reading TAKs test.

At the core of this wildly successful program is a team of 80 to 100 dedicated volunteers. These volunteers "mentors" devote just two half hours per week to reading with a child, cheering them on, and giving them the special attention they need to, well, soar.

Sign up to volunteer at [www.mysignup.com/clayton\\_soar](http://www.mysignup.com/clayton_soar) or contact volunteer coordinator, Melinda McKenna at [soar@AUSTINREPS.com](mailto:soar@AUSTINREPS.com)



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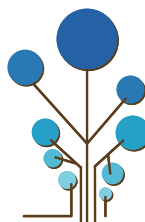
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## School News Continued

### Clint Small Middle School Wind Ensemble Looking Forward to the Windy City

*Submitted by Marla Gilliland*

Clint Small Middle School Wind Ensemble students were busy washing cars last Saturday at Goodwill Industries on Brodie Lane to kick off fundraising efforts for their December 2008 trip to the nation's premier music educator conference, the Midwest Band and Orchestra Clinic, in Chicago. The invitation is a tribute to the students of this year's Wind Ensemble and to all the students, teachers and administrators who have worked to build the Clint Small Band since the school's opening in 1999. According to Band Director Paulette Rainey, this is the "Super Bowl of performance opportunities." Congratulations and well wishes have been pouring in from music educators throughout the state for the award-winning band, which performed last year at the Western International Band Clinic in Seattle.

With rising fuel and transportation costs, funds are needed for shipping instruments, providing scholarships for deserving students and reducing the costs for the entire band. If you would like to further support these hard working young people on their way to Chicago, please contact parent boosters at [csmsMusic@gmail.com](mailto:csmsMusic@gmail.com). Best wishes to the CSMS Band as they begin preparing to once again proudly represent our community in the national spotlight.



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## School News Continued

### Kiker Elementary Update: Look What's Happening!

*Submitted by Karen Syzdek*

***Mark your calendar. We hope you'll join us!***



#### **Kiker Comet Cards**

*Sponsored by Kiker PIE*

Purchase your restaurant discount card September 2–12, 2008. The card is \$10.00 and saves you money each week at nearby eateries! Open to everyone! Contact [ksyzdek@yahoo.com](mailto:ksyzdek@yahoo.com) or visit Kiker's front office.

#### **Sally Foster Gift Wrap Sale**

*Sponsored by Kiker PTA*

September 12–26, 2008

**Open to everyone!** Order online at [www.sallyfoster.com](http://www.sallyfoster.com), use ID 0288067, or pick up a packet in Kiker's front office.

Become a Kiker Partner in Education  
Contact Terry Lord at [tlord@austinisd.org](mailto:tlord@austinisd.org).

#### **Annual Fall Festival – Everyone Invited!**

Saturday, October 4, 2008

12:00–4:00 p.m.

Kiker Campus

- Live performance by Staci Gray – Austin based children's performer who has mesmerized children all over Texas
- Concessions by Kiker Student Council

(all proceeds to help meet Student Council's goals)

- Interactive robotics demonstration by Bits, Bytes & Bots – FUNdamental technology education
- Austin Police Department Air Enforcement Unit Aircraft (helicopter)
- Games and Activities
- Food outlets offered by area restaurants
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#### **Great American Magazine Sale**

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## School News Continued

### Clayton News

*Submitted by Catherine Thurk*

Clayton Cardinals are excited about a new year of "Orchestrating Excellence for Everyone." Our students will be stretching their minds and sharing their talents to join in a symphony of learning in their classrooms. Our newly named "exemplary" campus is proud of our successes and learning these first two years and appreciates the spirit of high achievement and community support that our Circle C community embodies. Thanks to those who volunteer in our school and support our students.

Speaking of volunteering, if you are interested in helping with our campus SOAR program and assisting students in reading as a mentor and guide, we would love to have you. In as little as 30 minutes a week, you can really make a difference with a child. Everyone enjoys a great book.

Why not share one with a Clayton Cardinal?! Please contact the school office at 841-9200 if you can help.

In early September, Clayton students will be participating in a school-wide magazine fundraiser. If you have subscriptions you would like to renew, please do so with us. You can contact the school office the week of September 8th to do so. Please get the word out to your neighbors and friends--even your physicians and dentists who order magazines for their offices. It's time to order and/or renew. This fundraiser helps support our additional campus supplemental needs and is directed to additional classroom and library materials.

Again, we're excited about the new year and look forward to our Cardinals "orchestrating excellence" in 2008-2009! For more information about events and activities at Clayton, please see [www.claytoncardinals.org](http://www.claytoncardinals.org).

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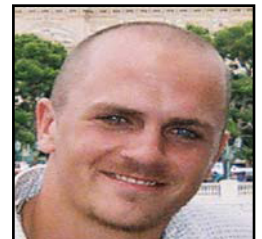
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# Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®



## Feeling a Little Eccentric?

A muscle contracts eccentrically when it lengthens under tension during exercise. For example, during a biceps curl, the biceps muscle shortens during the concentric lifting phase and lengthens during the eccentric lowering phase. Eccentric contractions also can occur during aerobic activity, such as downhill running, in which the quadriceps muscle repeatedly lengthens against gravity to lower the center of mass and aid in shock absorption.

## Don't Be a Sore Loser

**DELAYED MUSCLE SORENESS.** It's the name of the stiff pain you feel as you roll over and reach to turn off the morning alarm after a day in which you trained unusually hard or tried a new exercise. Some people feel there's no better reward; others cease to exercise. What everyone should know is that there is a way to prevent this muscle soreness.

### **What Causes Sore Muscles?**

There are two types of exercise-related muscle soreness. Immediate muscle soreness quickly dissipates and is the pain you feel during, or immediately after, exercise. Delayed muscle soreness signals a natural adaptive process that the body initiates following intense exercise. It manifests 24 to 48 hours after the exercise session and spontaneously decreases after 72 hours.

Numerous studies have been conducted to determine the cause of delayed muscle soreness, and the theories have been many and controversial. The most current research attributes it to microscopic tears in the muscle and surrounding connective tissue following eccentric exercise (see "Feeling a Little Eccentric?"). Those who experience delayed muscle soreness include conditioned individuals who increase the intensity, frequency or duration of their workouts, or participate in an activity that they are unfamiliar with. Beginning exercisers, or those who have undergone a significant lapse in training, frequently experience soreness when starting a new exercise program.

Studies on the best methods to alleviate delayed muscle soreness are almost as abundant as the number of studies conducted to determine its cause.

Cryotherapy (the topical application of ice), massage, stretching, and the use

of nonsteroidal anti-inflammatory drugs (NSAIDs), among other less conventional approaches, have been tested to determine if they can prevent delayed muscle soreness or are effective treatments. To date, no therapy that hastens the decrease of delayed muscle soreness has been found, however some of the therapies previously mentioned may have a minor impact if initiated immediately after intense or unusual exercise.

### **The Good News**

Once you induce delayed onset muscle soreness at a specific exercise intensity, you shouldn't experience that sensation again until intensity is increased.

This is because delayed muscle soreness has been shown to produce a rapid adaptation response, which means that the muscles adapt to an exercise intensity. Until it is changed, soreness won't occur. This is the basis for the most widely recommended approach to preventing delayed muscle soreness: Gradual progression and conservative increases in intensity, frequency or duration.

Preliminary light exercise may prevent the onset of soreness following a heavy eccentric exercise workout. Beginners should exercise with light weights, two to three times per week for one or two months, then gradually build. Already-conditioned exercisers who want to try a new workout or sport also should begin gradually, taking care not to be overzealous.

**Delayed muscle soreness signals a natural adaptive process that the body initiates following intense exercise.**

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# Two Summer Time Tips!

## Did you know a sheet of regular, old, Bounce® fabric softener repels mosquitoes?

Just get a sheet from your laundry room, tie it to your belt loop, and this year's mosquito season is basically over for you without using a nasty-smelling chemical repellent.

And while we're on the topic of laundry products, did you know Coke® is a primo grease remover? The next time you've got grease on your clothes, throw them in the washer, pour in a can of Coke with your regular detergent, and run it through the regular cycle. PRESTO! No more grease!

Why am I sharing these little known facts with you?

First, I thought you'd appreciate knowing simple solutions to annoying problems. You've probably already got these problem-solvers right there in your pantry or laundry ... you just didn't realize all the problems they solved. This brings me to my second reason for writing.

If you're like me, all too often you may have a problem and don't realize the solution is right there under your nose.

For example, you may have seen our trucks in your neighborhood and not realized we were there solving your neighbors' problems ... fixing air conditioners, replacing thermostats and filters, performing pre-season check-ups and the like. When it comes to heating and cooling problems, our guys are the problem-solving experts. But even though you've seen us driving by your house, you've never thought to call **328-2000** when you had your own problem with a furnace or air conditioner.

Now I hope we've changed all that. Just like you now know Coke is a grease-stain remover and Bounce drives away mosquitoes, you also now know to call us at 328-2000 when you're too hot or too cold.

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## Pet Waste: Dealing with a Real Problem in Suburbia

Pet waste is not the predominant or most toxic pollutant in urban streams, but it is one of many small sources of pollution that can cumulatively have a big impact if left unmanaged. In North Central Texas the estimated dog population is 1.2 million. The average dog produces three to four pounds of waste daily, according to the Food and Drug Administration. That's about 900,000 pounds of dog poop produced every day in North Texas. Add to this figure cats and other smaller pets, and a significant volume of waste is being generated daily.

Pet waste contains bacteria and parasites, as well as organic matter and nutrients, notably nitrogen and phosphorous.

Some of the diseases that can be spread from pet waste are:

- Campylobacteriosis- a bacterial infection that causes diarrhea in humans.
- Salmonellosis- the most common bacterial infection transmitted to humans from animals. Symptoms include fever, muscle aches, headache, vomiting, and diarrhea.
- Toxocaris- roundworms transmitted from animals to humans. Symptoms include vision loss, rash, fever, or cough.

In addition to these diseases, the organic matter and nutrients contained in pet waste can degrade water quality. When pet waste is washed into a surface water body, the waste decays. This process of breaking down the organic matter in the waste uses up dissolved oxygen and releases ammonia. Low oxygen levels, increased ammonia and warm summer water temperatures can kill fish.

Excess phosphorous and nitrogen added to surface waters can lead to cloudy, green water from accelerated algae and weed growth. Decay of this extra organic matter can depress oxygen levels, killing organisms. Objectionable odors can also occur.

Flies and other pest insects can also increase when pet waste is disposed of improperly, becoming a nuisance and adding another vector for disease transmission.

Managing pet waste properly is something that everyone can do to make a difference in their respective watersheds. Truly, proper individual actions result in significant water quality improvement when carried out by the majority. Unlike some forms of stormwater pollutants, pet waste can be easily and economically managed by the individual.

Sometimes, the 'out of sight, out of mind' attitude exists regarding pet waste. Employing this flawed thinking, waste is often disposed of in the street stormwater catch basin. Aside from dumping directly into a water body, this is the single worst place to dispose of waste. In the next rainstorm, the accumulated waste is transported quickly and efficiently to the nearby receiving water course, polluting it. That said, then, specifically what can be done?

### Proper Onsite Disposal

*Flush it* - Pet waste itself (not the litter or bedding material) can be flushed down the toilet. The water from the toilet goes either to a septic system onsite or a sewage treatment plant that removes most pollutants before the water reaches its outlet. The used litter should be disposed of in a securely closed bag in the trash.

*Bury it* - You can bury the waste directly in the yard. Dig a hole or trench that is 6 inches deep, away from vegetable gardens, play areas, and away from any lake, stream, or well. Often, the woods is an ideal spot. Microorganisms in the top layer of soil will break down and digest the waste, releasing the nutrients for uptake by adjacent vegetation. Never add the waste as a fertilizer to the garden or to the compost pile. The disease organisms will continue to survive and create a significant health risk.

*Trash it* - Check local ordinances first. Putting pet waste in the trash is against the law in some communities. Even if legal and easy, it's not the best solution. Waste can contribute to the landfill problems in the state.

*Leave it to someone else* - Believe it or not, a number of professional pet waste disposal services exist. These businesses will completely remove the waste from your yard and dispose of it themselves, for a fee.

### Ordinances, signage and education

Many communities have "pooper-scooper" laws that govern pet waste cleanup. Some of these laws specifically require anyone who walks an animal off of their property to carry a bag, shovel, or scooper. Any waste left by the animal must be cleaned up immediately. Call your local health officer to find out more about pet waste regulations.

In recreation areas, trails, and public parks, 'scooper signage' along with plastic bag dispensers and disposal cans should be provided. This idea is especially critical at streamside or lake shore walking trails.

*(Continued on page 33)*

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## Pet Waste - (Continued from page 32)

Public education is critical when addressing the pet waste problem. Interestingly, much of the public thinks of problems associated with pet waste as being only nuisance related-odors or aesthetics. An actual example of this is the woman walking her dog in the park who had brought along a brown paper bag to collect the 150 pound mastiff's waste. This she indeed dutifully did, and then proceeded to dispose of the bag by....*tossing it into the lake!*

Brochures, newsletters, signage, local public service announcements, and evening seminars are all ways to get the word out to the public. One very effective way to reach people is to have a flyer enclosed in tax bills or other municipally-generated mailings that go to all property owners.

### Conclusion

The problem of pet waste disposal in suburbia is a real one. Research has indicated strongly that water quality is negatively impacted by this pollutant in Texas. However, unlike many other sources of water degradation in the state, improper pet waste management is a dilemma that can be easily corrected through education by organizations and common sense actions by individuals.

Let's all "doo" the right thing and pick up after our pets. Make a difference and go green.

## Recipe of the Month

### Lemon Ice Box Cake

*Submitted by Madra Ford*

- 1 yellow cake mix
- 2 cans sweetened condensed milk (Eagle Brand)
- 1/2 cup fresh lemon juice
- 1 8oz. container Cool Whip



Bake cake as directed for two layers. When cool, slice each layer in half, making four layers. In a bowl combine condensed milk with lemon juice.....reserve 1/2 cup & set aside for frosting.

Use remaining juice/milk mixture as a filling between the four layers. With reserved mixture, gently fold in the Cool Whip and frost entire cake. Holes can be poked in cake so frosting is absorbed. This is better if made a day or two in advance.

*If you would like to submit YOUR recipe email it to [articles@PEELinc.com](mailto:articles@PEELinc.com)*

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## Speak Up For Kids CASA 5k & Kids 1k

*The Domain Shopping Center, 11400 Burnet Road, Austin, TX  
Sunday, September 7th, 2008 • 8:00 A.M. (5k) 9:00 A.M. (1k)*

Put on your favorite running or walking shoes and join CASA of Travis County on September 7, 2008 at the Domain Shopping Center for our 3rd Annual Speak Up For Kids CASA 5K. The 5K and Kids 1K run will benefit CASA of Travis County in their efforts to recruit and train community volunteers to give a voice to abused and neglected children in the court and foster care system. This year's theme is Healthy Kids – Eat, Read, Exercise and Live Healthy! There will be lots of fun activities for the entire family and plenty of opportunities to learn about healthy living!

CASA of Travis County is a non-profit organization that offers guidance, love and a voice to children who have been removed from their homes due to abuse and neglect. Court Appointed Special Advocates are trained community volunteers who help to guide their CASA child through an unstable process to a safe and permanent home. Every child deserves a voice.

Each year, CASA works with approximately 400 trained volunteers to serve more than 1,200 children. Your participation in the Speak Up For Kids CASA 5K will help raise money to continue advocating for the needs of CASA's current caseload of children and help us reach our goal of serving the remaining 800 children without a CASA advocate.

We hope you'll join us for a morning of fun and healthy living! Whether you walk, run, jog or make a donation, your support will help CASA get closer to pairing carefully screened, trained, caring advocates to SPEAK UP in court for all of the abused and neglected children in our community.

### **Register online today at:**

[http://www.casatexas.org/CASA\\_5K.html](http://www.casatexas.org/CASA_5K.html)

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#### Austin Real Estate Partners' Market Report

Circle C Ranch by Neighborhood	6 Months Sold History (Feb '08 - Jul '08)						CURRENT MARKET	
	TOTAL	AVERAGE					TOTAL	
	Homes Sold	Square Feet	Price / Sq. Foot	Price \$K	Year Built	Days On Market	Available	Pending Sale
Circle C Central	42	2,810	\$ 112	\$ 315	1993	55	29	8
North	21	2,010	\$ 130	\$ 262	1996	44	7	3
Wildflower	20	2,234	\$ 128	\$ 286	2001	40	3	0
On The Park	4	3,717	\$ 120	\$ 445	1996	42	4	1
Vintage Place	4	3,159	\$ 117	\$ 370	2004	92	10	1
Hielscher	15	3,096	\$ 122	\$ 378	2004	60	17	7
West	22	3,290	\$ 123	\$ 404	2004	66	22	1
Park West	9	2,361	\$ 143	\$ 338	2000	55	4	0
Park Place	4	2,424	\$ 135	\$ 327	2005	49	3	1
Muirfield	6	3,839	\$ 149	\$ 571	2005	74	3	1
Enclave/Stone Creek	8	2,677	\$ 127	\$ 340	2006	71	12	0
Alta Mira	9	2,814	\$ 136	\$ 382	2007	86	5	3
Circle C Ranch Total	164	2,756	\$ 125	\$ 343	2000	57	119	26
% Change Mo/Mo	6%	-1%	1%	0%	0%	-7%	2%	-16%

Market Report data was obtained from the Austin-Multiple Listing Service (MLS) on 08/08/2008. 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.

9600 Escarpment Blvd Suite H930 | Austin, Texas 78749

### Melinda & Bob McKenna

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

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