



# CIRCLE C RANCH

The Official Publication of the  
Circle C Homeowner's Association

## Newsletter

Volume 8, Number 1

January 2011

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

### Circle C HOA Annual Meeting and Board Election

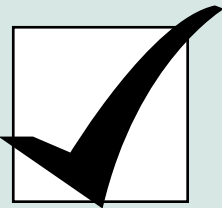
The Nominating Committee is accepting nominations for the two open board seats (election to be held March 9, 2011 at the Annual Meeting) through January 17, 2011. You can download a Candidate Questionnaire from the News Section of the Circle C Website ([http://www.circlecranch.info/news/AnnounceGet.asp?assn\\_id=14837&link\\_id=147064](http://www.circlecranch.info/news/AnnounceGet.asp?assn_id=14837&link_id=147064))

**The Annual Meeting and Election will be held on Wednesday, March 9, 2011 at 6:30pm in the Kiker Elementary cafeteria.** Your ballot and proxy will be printed on the back side of the first 2011 CCHOA dues assessment invoice (which is mailed Feb 1 and due Mar 1).

The Nominating Committee will host a Candidate Forum in February, date to be determined and posted on the website and in the Feb newsletter.

### Annual Report To The Membership By The Board Of Directors

The 2010 Annual Report to the membership from the Board of Directors will be printed in the February newsletter. A copy will also be posted on our website and available in the HOA office.



*Please take a moment to vote this year in  
the CCHOA Board of Directors Election.  
We need a 10% quorum in order to host  
the annual meeting on March 9th.*

### Holiday Lights Wrap Up!

The Holiday Lighting Contest was still days away at the time of going to print for this newsletter, however we would like to thank the many volunteers who stepped up to help judge.

We'd also like to send a reminder to all that holiday lights must be removed by January 15th. Thank you for your cooperation.



### Circle C Holiday Party a Great Success!

Over 500 children and their families joined us on December 4 to celebrate the Circle C Annual Holiday Party. We collected many gifts for the Adoption Coalition of Texas which is an organization for Austin's foster children. Thank you to everyone who donated. We would also like to thank our Special Events Committee, our volunteers and the Circle C Child Development Center and staff for helping us host a wonderful event!



## CCHOA NUMBERS

HOA Mgmt Office ..... [info@circlecranch.info](mailto:info@circlecranch.info) or 288-8663  
 Financial Office ..... 451-9901  
 Aquatics Director ..... 288-4239  
 Newsletter Publisher

Peel, Inc. Sales Office. .... 512-263-9181

Advertising.....[advertising@PEELinc.com](mailto: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 General@CircleCTennis.com, 301-8685

### Sub Association Info:

KB Enclave and Fairway Estates HOA

Karen Hibpsman, CMCA, Manager ..... 347-2891

Parkwest HOA

Goodwin Management ..... 502-7509

Streetman Enclave HOA

K.O. Orsak ..... 646-6739

Muirfield HOA

Sara Huff ..... 219-1927

## BOARD OF DIRECTORS

Jason Bram ..... President

Steve Ubran..... Vice President/Development Officer

Russ Hodes ..... Treasurer

Chris Poynor ..... Secretary

Joel Pace ..... Development Officer

Brad Compere..... Board Member

Rob Johnson ..... Board Member

Steve Urban..... Board Member

Contact Information .....Email: [directors@circlecranch.info](mailto: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

Gozycki Middle School..... 841-8600

Small Middle School ..... 841.6700

Bowie High School ..... 414.5247

SAYSA..... 899.1049

## ARTICLE INFO

The Circle C Ranch newsletter is mailed monthly to all Circle C Ranch residents. Residents, community groups, churches, etc. are welcome to submit information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

If you have an article of interest to the community please submit to [info@circlecranch.info](mailto:info@circlecranch.info) by the 10th of the month. The newsletter can also be viewed online at [www.circlecranch.info](http://www.circlecranch.info).

## ADVERTISING INFO

Please support the advertisers that make the Circle C Ranch Newsletter possible. If you are interested in advertising, please contact Peel, Inc. at 512-263-9181 or [advertising@peelinc.com](mailto:advertising@peelinc.com). The advertising deadline is the 8th of the month prior to the issue.

## MISSION STATEMENT

### Peel, Inc. Community Newsletters

Our goal is to provide the Circle C Ranch community with one source of local news content that is provided by Circle C residents. Our goal is to help build Circle C by connecting local businesses with residents and residents with relevant neighborhood information.

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MARY KAY

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### Information

Please support the businesses that advertise in the Circle C Ranch Newsletter. Their advertising dollars make it possible for all residents to receive a newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact Peel, Inc. at 512-263-9181 or email [advertising@PEELinc.com](mailto:advertising@PEELinc.com) for ad information and pricing.

## CLASSIFIED ADS

**Personal Classifieds** (one time sell items, such as a used bike...) run at no charge to Circle C Ranch residents, limit 30 words, please e-mail to [info@circlecranch.info](mailto:info@circlecranch.info).

**Business Classifieds** (offering a service or product line for profit) are \$65, limit 40 words, please contact Peel, Inc. at 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

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Obtain the Property Report required by federal law and read it before signing anything. No federal agency has judged the merits or value of any of this property.Developed by Legend Communities in partnership with Crescent Resources. Powered by Legacy International Resort Properties.

## January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10 Newsletter Article Deadline	11	12	13	14	15 Holiday Lights Must Be Down
16	17 Board Candidate Nominations Due	18	19	20	21	22
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John Squires and The Squires Team is the **#1** agent/real estate sales team in Circle C Ranch, with over **350** homes **"SOLD!"** in Circle C!

They rank **#10** out of Austin's **"Top 50"** teams and 9,000 other agents in central Texas. They are also the **#2** team in Keller Williams Southwest Market Center for 2009! Austin, Texas resident since 1963.

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Gorgeous, Pulte, Executive Series home backing to permanent greenbelt! 4 beds, 3 full baths loaded with upgrades! Brand new granite and GE Profile, stainless kitchen with solid granite backsplash! Hand-hewn, plank, wood floors, 20" Italian Porcelain tile, polished marble bathroom and fireplace, remodeled baths, hardware, paint and the list goes on. 2 year "new" roof and 3-car garage! Big game room too! The last house you will need.

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Thank you Circle C for another great year! We expect the market to stay very active, as it is right now, because interest rates may go up after the first of the year. Buyers are sensing this and are continuing to put homes under contract before the busy Spring. We may have a short lull in early January, but we are already taking pocket listings that will come on the market in January and February. It is still a great time for refi's too if you are going to stay in your home for the foreseeable future. I recently refinanced my homestead and rental property and the savings are incredible! Call me for a free, easy, no-obligation market analysis on your home at (512) 970-1970 if you are considering selling. I can give you insight to help you fight your property taxes too, if they've gone up. I can also help you with leasing your property and/or direct you to a great lender. Thanks! John Squires



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**8017 LaDera Verde**

"We were concerned about bringing our home on the market just before Christmas. John told us our floor plan should sell very well this time of the year with it's layout. John staged the home, we listed it and got a contract the next day!! We are very happy with John and would refer him to anyone in Circle C." Seo Chang Park and Ohkwee Kim

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**6209 Tasajillo Trail**  
Beautiful 1-story in Park West with wood floors and highly decorated. Under contract with 1st timers!



## CCHOA Announcements

### HAVE YOU RECEIVED A DEED RESTRICTION NOTICE?

As reported in each month's newsletter, the HOA staff drives at least two sections of the neighborhood per month to note violations of the Declaration of Covenants, Conditions and Restrictions. These commonly include: front yard landscape maintenance (mowing, edging, free of weeds), home maintenance (paint, screens, siding) and recreational vehicles (boats, RV's, trailers) parked in the driveway. The HOA is required by state law to notify owners in writing via certified mail and allow for the homeowner to request a hearing before the board of directors. If you receive a letter, please contact us at the HOA office and let us know your individual situation. We would like to work with you to bring your home into compliance. If you would like to report a violation, you can do so via our website at [www.circlecranch.info](http://www.circlecranch.info)

### HOLIDAY LIGHTS

Circle C is one of the best places to be during the holidays largely because of all the wonderful lights. The common areas are lit up and many homeowners participate by decorating their own homes. However, we ask that everyone comply with the deed restrictions and remove their lights by January 15th.

### HOUSE ADDRESS MARKINGS

It has been brought to our attention that during this past holiday season, packages and deliveries were delayed due to drivers being slowed down while searching for a specific house number. If these drivers were having difficulty, you should assume that EMS, fire, and police will also have difficulty should you need them in an emergency situation. Please make sure that your home address is clearly marked and visible from the street.

### BE A GOOD NEIGHBOR

The Association receives many calls from owners regarding barking dogs. We encourage neighbors to talk to neighbors if this is an issue, however the Association also sends out Cooperative Letters alerting owners when this is reported. Keep in mind – the Association cannot verify barking dogs, we are relying on information reported from a third party.

If you have a pet, take a moment to consider whether they are a nuisance to your neighbors and modify the routine. Perhaps ask your neighbors if your dog(s) barking is ever a problem.

Dogs are going to bark, but when it's excessive or early in the morning or late at night, be mindful and Be a Good Neighbor.

**SUBMITTED BY DENISE NORDSTROM, CCHOA MGR.**

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## PLEASE OBEY THE SPEED LIMIT

Speed limit laws should always be obeyed, but especially during the summer when so many children are out playing. Please slow down and keep your speed limit below the limit on our neighborhood streets.

### PERSONAL CLASSIFIED

**FOR SALE:** Lady Hamilton platinum diamond watch bracelet, over 80 diamonds, approximately 2.5 carats. Perfect Christmas gift for special lady. Private sale \$2600.00. Serious local inquires only. For more details contact 512-422-2801.

#### *Classified Ads*

**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Circle C Ranch residents, limit 30 words, please e-mail to [info@circlecranch.info](mailto:info@circlecranch.info).

**Business classifieds** (offering a service or product line for profit) are \$65, limit 40 words, please contact Peel, Inc. Sales Office at 512-263-9181 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

### Ronald McDonald House Tab Collection

Thank you, thank you, thank you to everyone who is in 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 resident Bob Hendee for volunteering his time to this effort.

**SUBMITTED BY DENISE  
NORDSTROM, CCHOA MANAGER**



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## Circle C Landscape

Winter Water Conservation is an important topic for all City of Austin water users. As you probably know, the wastewater averaging for your home address occurs over the months of November-February depending on your address (more information about this topic at [www.ci.austin.tx.us](http://www.ci.austin.tx.us)). Most of us try to limit excessive watering during this time period because it affects your water rates for the rest of the year.

When the landscapes go dormant, most people assume that they don't need any water at all. Others just continue to run the controllers as they were set for the summer. Both of these approaches are somewhat extreme and you can find a good way to conserve water over the winter without harming your landscapes. A short assessment of what you have is a good way to start. If you have planted any trees or moved into a new home in the last year—don't neglect to water the trees during the winter. This is very important. First, check and make sure you have a good layer of mulch all the way around the trees. This will help with keeping the moisture in over the winter.

You will also probably need to deep water your trees about once a week or every ten days if we don't have any rain. Be careful, however, because the only thing worse than letting them dry out completely is to over water them. Both approaches cause owners to lose trees.

There are many good articles about how to plant and care for new trees on the City of Austin website [www.ci.austin.tx.us/trees](http://www.ci.austin.tx.us/trees). Look under the "Encyclopedia" section and you will find a lot helpful information as well as links to other reputable websites.

As far as turf and planting beds, you probably want to water them one time about every two to three weeks if we have had no rain at all. High winds and cold temperatures dry everything out. I would suggest that you turn your irrigation controller to the off position. Then run it through a manual cycle as needed. Follow the standard water conservation rules of watering before 10 a.m. in the morning and try to avoid high winds, which just displace the water. Using just a few of these tips will insure that you conserve water over the winter and keep your landscapes in great shape as well.

You will notice that we are doing a lot of trimming on the commons areas. This year we started in December. Many garden books and resources maintain that perennial trimming is best done at the end of January or early February, about six weeks before the formal end of winter. Most winters here are relatively mild. We have many freezing days where the temperature will get down to 30 degrees and sometimes colder for a few hours. Our experience has been that if our plants are well mulched, we can trim earlier—mainly

*(Continued on Page 11)*



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**CC Landscape-** (Continued from Page 10)

to clean them up and get a tidier look for winter—without any harm to the plants. We also water over the winter which helps keep everything in great shape. The exception to this is if we get into a winter weather pattern that is drastically colder—such as 15 degrees for six or more hours. Last winter, even though we had not begun our winter pruning, the extreme cold in early January damaged some plants. This is the first time in many years I could recall this happening. We had damage to African iris and fig ivy from this weather. We were able to cut things back after the freeze and most everything recovered well except the iris and ivy. So, bottom line, if we are having a normal Texas winter you can feel free to trim back your plants, mulch them well, and give them a little water from time to time if we don't have any rain. They will stay healthy and happy, and grow great in the Spring.

**SUBMITTED BY SUSAN HOOVER**

## Newly Planted Trees

If you have trees that have been planted for 12 months, they are now well established and it is time to remove the stakes and support wires. The support wires may harm your trees and restrict growth.

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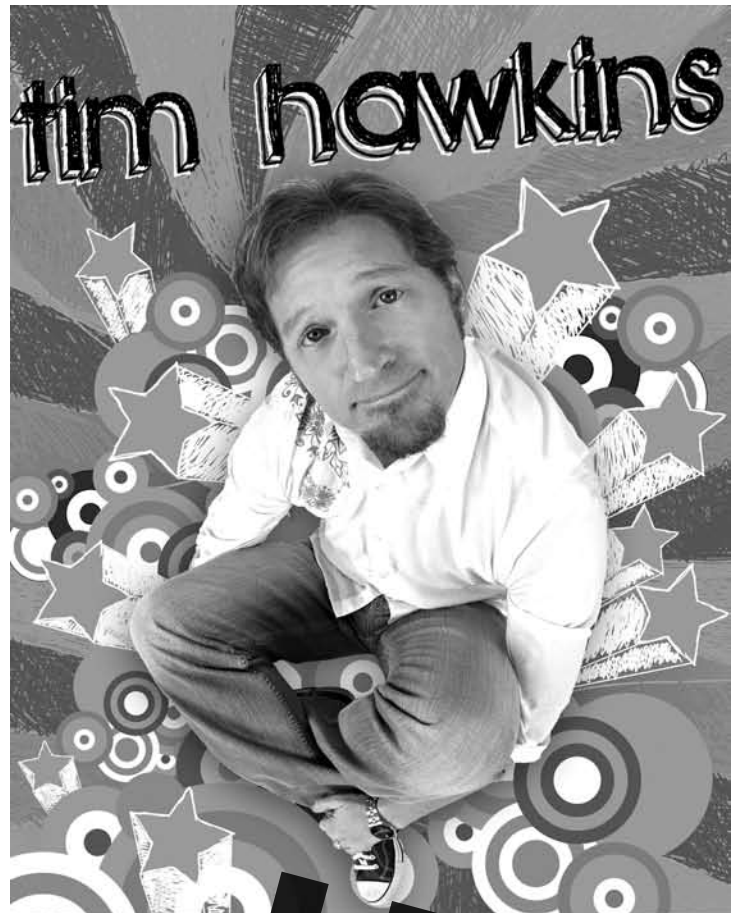
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## CIRCLE C SWIM CENTER NEWS



### MEMBERSHIP UPDATE: WE NEED YOU!

Happy New Year! With the New Year, Circle C Swim Center is updating some procedures to ensure the safest and most enjoyable experience possible when using our facilities, and we need your help. We need to ensure the most accurate and up-to-date information for our current members by receiving a revised Household Pass Form from every household. The new form now has an emergency contact information section, which will provide us with all information necessary in case of an emergency. This contact should be someone who does not reside in your residence. There is also has a section for mobile updates via text messages! If you select "yes" on your form, you will receive text message updates from the Swim Center about pool emergencies. Such emergencies may include pool closures and class cancellations. In such cases, you would receive an automatic text message updating you with this information. This new feature is optional for members.

For those members who are tenants of a Circle C home, you will not need to turn

in another Amenities Release Form with this update so long as your Amenities Release Form that we have on file is current.

If you and your household are not currently members of the Swim Center, now would be the perfect time to submit a Household Pass Form and receive your membership. As a dues paying member of the Circle C HOA, your membership to the Swim Center is included, we just need your information.

A friendly reminder to all, aside from the homeowners if anyone listed on your Household Pass Form is age 23 or older, the Swim Center does require proof of residency. This can be either a Photo ID with the Circle C address, or a piece of mail addressed to that person at the Circle C address.

For your convenience, this form will be emailed to all current members, and you can also download it from the Swim Center section of the Circle C Ranch website, [www.circlecranch.info](http://www.circlecranch.info). There is no need to stop by the Swim Center to turn in the form, just fill in the blanks and email it to [customerservice@circlecranch](mailto:customerservice@circlecranch).

info! Thank you in advance for your patience with this update. We truly believe this will only help ensure the safety and quality of every visit to the Swim Center.

### ARE YOU BRINGING A GUEST TO THE SWIM CENTER?

Along with the membership update, we are also streamlining our guest guidelines. We now have a new Guest Policy Form for 2011, also available online. Every guest must complete one for the new calendar year, even if they have been here previously, and must be signed by the guest. If the guest is 17 or younger, then the parent or legal guardian's signature must be acquired. The Swim Center will not be accepting verbal permissions over the phone. Once we receive the new form from each guest, we will keep it on file and simply date it for future visits. This new form will only need to be filled out one time each year and will be effective until December 31 of that year. This annual form will ensure up-to-date information in case of emergencies, as well as make the guest sign-in process quicker and easier for everyone. Guest fees will still apply during each visit.

*(Continued on Page 13)*

## NOT JUST ANOTHER CAJUN JOINT!

"... it's like eating over at a friend or neighbor's house when we go to Cypress Grill." - Mark Montgomery

"Great food! At a reasonable price. Great attention to service. We eat here at least once a week." - Phillip Laird

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\$5 off purchase of \$20 or more

CC Swim Team News- (Continued from Page 12)

## 8 SWIMMING WORKOUT TIPS: KEEP THAT NEW YEAR'S RESOLUTION

It's January, how are those New Year's resolutions going? I'm sure plenty of you made resolutions to exercise more. Well, we want to help. Swimming is a great way to stay in shape, and since the Swim Center pool is heated to a comfortable 80 degrees, there's no better time than now to get started. Here are some super helpful tips for improving your swimming workout. Whether you're just getting started or you've been in the game quite some time, these tips are helpful for all types of swimmers looking to improve their skills.

### 1. Warm-Up

Starting any physical exercise with a well-warmed up body is essential for an effective and injury-free workout. Start your swimming workout with a few slow laps just to make your blood run through your muscles. This is also helpful for getting your body used to the water. Start at a low pace and increase gradually. Usually 400 meters is satisfactory for a warm up, but feel free to do more laps if you plan on having an intense or longer-than-usual workout. Not only will warming-up ensure you from any injuries, but it will also increase your performance and workout.

### 2. Swim Three Times A Week

No matter what your goal is, losing weight, building up your muscles, or just general fitness improvement, you need to exercise at least three times a week. Swimming once or twice a week is better than nothing,

but because of the way our body trains, exercising less than three times a week is less than optimal.

### 3. Swimming Interval Training

Swimming interval training is the most effective among the swimming workouts to lose weight and to train your cardiovascular system. Interval training is built on a cycle of high and low intensity efforts. The low intensity activity needs to be tailored so that your body needs to work hard to recover before the next high intensity activity starts. Please, refer to this website for more information about interval training: <http://effectivewaterfitness.com/swimming-interval-training/>

### 4. Focus On Swimming Technique

Whatever your reason might be for improving your swimming performance, the key is to get stronger and faster but never lose your technique. Keep your strokes clean and maximize your track, or you will soon reach the limit of your swimming performance, and you will not be able to improve further.

### 5. Always Tumble Turn

Tumble turns, for backstroke and freestyle, keep the swimming rhythm and fitness training continuous. To optimize the effect of the tumble turn, push away from the side, underwater and streamlining. After you push from the side, try to swim flat with the least resistance against the water. Before starting the stroke, add a leg kick. When the push from the side is losing momentum and you are reaching the surface,

(Continued on Page 14)

# LSC - AU CAPITALS REC. SOCCER PROGRAM

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# CCHOA News

## CC Swim Team News- (Continued from Page 13)

start to pull. This is a great way to improve both fitness and speed.

### 6. Do Swimming Drills

Swimming drills are a set of swimming exercises aimed at improving technique and speed. To get a better technique and to improve your coordination ability, you should do swimming drills during every swimming training session. Try adding drills to your next warm-up or cool down. You can also try a more intense drill, such as mixing leg kicks from one stroke with arm movements from another stroke. This will improve your coordination.

### 7. Have Someone Watch You Swim

Having a clear feeling on how your body is moving while exercising is important to keep your technique right. To improve your swimming technique, having control over your body is essential. This can be improved by having a friend with a solid understanding of swimming technique closely watch you and comment on the way you swim. This is one of the most important swimming improvements tips.

### 8. Cool Down

As the warm-up is a key to perform a successful training, cooling down is important to stretch your muscles and keep your body in shape for the next swimming session. After a hard training, your body might be tired and sore. Try to do some more laps on a low and relaxed pace, focusing on stretching and regaining the right feeling in the water. This will facilitate for your muscles to relax and to recover more promptly.

Remember to always check with your doctor before changing anything about your usual exercise program. For more information on any of these tips, please reference this website: <http://effectivewaterfitness.com/swimming-tips-workouts-everyone/>.

### SWIM TEAM:

The Circle C Select Swim Team is staying busy through the holiday season. Swimmers participated in two local meets in November, traveled to Corpus Christi for the Reindeer Races in December and are preparing for the

UT Meet January 7-9. Congratulations to all swimmers who placed in the meet events, and good luck to those participating this weekend.

We would like to send special birthday wishes to the following Select Swim Team swimmers with January birthdays: Rhea Dharwadker (8th), Aidan Smiley (11th), Frisco Koelling (12th), Daniel Li (12th), Brooke Walsh (14th), Megan Bell (18th), Aydan Fish (18th), Jacob Bryce (19th), Kaitlyn McDaniel (21st), Ada Maria Claudio (22nd), Christopher Leight (26th), Miranda Kagy (29th), Dane Claessen (30th) and Page Vavasour (30th).

The Swim Center still has Select Team merchandise for sale at the Front Desk. Get your Silicone Swim Caps (\$12), Latex Swim Caps (\$1) and T-shirts (\$10) now and show your support for the Sea Serpents!

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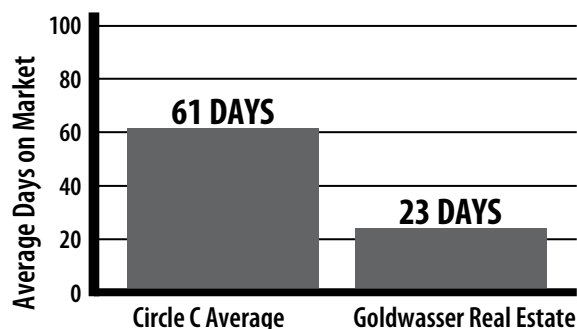
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# Park West HOA News

## Park West HOA News (Specifically for Park West Residents)

### FROM THE BOARD OF DIRECTORS

The Park West HOA Board of Directors extends their wishes for a happy, healthy and prosperous new year to all Park West residents and their families and thanks everyone for their support in the past year.

- Mark your calendars to attend the 2011 annual meeting at Kiker Elementary School on Tuesday, February 8th at 7 p.m., with sign in beginning at 6:30 p.m. Voting will be conducted to fill the seats of four directors. A Nominating Committee was appointed and potential candidates, at the time this newsletter went to print, were interviewed and named. The Board is working on the 2011 budget, which will be presented at the meeting.
- The Rules Committee presented a proposed pet policy at the November 15 Board meeting, and that policy is now under review by the HOA attorney. Putting a dangerous dog policy for the neighborhood into place is a high priority for the Board.
- The Board appointed a Board-level working group to develop an archive policy for the HOA. The goals are to have our books and records accessible to Park West homeowners through our property management company as well as continuing to provide the documents on the Park West website.

### THOUGHTS AT YEAR END

Submitted by Michael Harris: 2010 has been an unusual year for many of us; in some households that's good and in others – well, the year can't be over fast enough. We are bombarded by news that on most levels is disturbing, because that is what sells papers or gets clicks on the web or viewers on television. Many people feel that changing

the world we live in is an impossible task, which on many levels is probably true. However, my grandmother, who grew up in the horse and buggy days, would always tell me when I was off course on something ... "Put the horse blinders on and only look forward to what is possible, not what may be distracting you on the right or left."

So as we approach 2011 with political and economic issues impacting the world, let's focus on what is directly in front of us and probably within our sphere of possible change. Let's try to be more neighborly to those that live in our community. This may come in the form of a kind word when passing on the street or helping some of our older neighbors with tasks that have become more difficult with age. We can celebrate and enjoy the antics of the children in our neighborhood and vow to leave "our little part of the world" a better place for them as they grow to adulthood. We can say no to the nay sayers, and those that see bad in everything, by setting an example of positive thinking in everything that we do. We can celebrate the good things in our life, regardless of how small, so that this power of positive living will expand exponentially from our neighborhood to our community to our world.

Park West in Circle C Ranch is a wonderful place to be in ending 2010 and beginning 2011 and I am a happier person for moving here.

### WEAR AND TEAR REMINDER

It has recently been noted, with a flurry of remodeling and home improvement activity occurring throughout the neighborhood, that the following message needs to be restated. If you're having any kind of landscaping or redesign work done (it goes without saying that you've requested approval for the work

through the appropriate channels in both Circle C and Park West) and it involves rock, stone, gravel or the like, PLEASE ensure that you or your contractor don't just dump the load directly onto the street at curbside but first place some sort of covering on the ground to protect the sealcoat and the street from unnecessary wear and tear. Likewise, if anything is unloaded on your driveway, steps should be taken to protect its surface as well.

### NEWS YOU CAN USE

There has been a change in the price of the key fob- style gate clicker. It is \$25, no tax, for those currently in stock. The visor clip-on style is priced at \$21, no tax, for current stock. To purchase either style, contact Frank Gilbreath at mfg45@yahoo.com.

### TWO FLAGS OVER PARK WEST

The Stars and Stripes, our flag, is the unique and proud emblem of the United States of America. We hold it in such high esteem, honor and prominence that it commands not only our love and respect but also our allegiance. In fact, in our national "Pledge of Allegiance," the first expression of allegiance is "to the Flag of the United States of America." Then we add, "and to the Republic for which it stands." We fly our flag proudly on solemn observances such as Veterans Day, on Memorial Day, the Fourth of July and on many other occasions to honor those who have given their all for our country, to celebrate our independence and to celebrate many other blessings we enjoy.

There is, however, one day of the year dedicated solely to honor this symbol, a symbol that - during the rest of the year - we use to honor and celebrate other people and events. That day is June 14, Flag Day. Here at Park West, thanks to three veterans, we can honor, salute and celebrate our Stars

*(Continued on Page 17)*

***DON'T WANT TO WAIT FOR THE MAIL?***  
**View the current issue of the Circle C Newsletter**  
**on the 1st day of the month at [www.PEELinc.com](http://www.PEELinc.com)**



**Park West HOA News-** (Continued from Page 16)

and Stripes every day of the year. It started out in 2005 with World War II veteran and former Park West resident David Hoke obtaining permission to install and fly the Flag at our east mail center in honor of all American veterans.

Subsequently, after Dave Hoke's death, two other veterans and Park West residents - retired Marine Corps officer Charlie Rodenberg and retired Air Force officer Dave Maril - followed through on Dave Hoke's initiative and installed a second U.S. flag at the west mail center. These two veterans have also assumed the commendable responsibility to continuously fly and maintain the two flags at Park West, to the best of our knowledge, the only American flags being flown permanently at Circle C.

The only "problem" with such a permanent display of our flag - of patriotism - is one of familiarity. We can get so used to the sight of the flags that we may fail to notice them or perhaps take them for granted. Hopefully, as we enter Park West on our way to enjoy the security and blessings of our community, homes and families, we will take note of the Flag and all it represents and give it a mental salute. Calvin Coolidge perhaps said it best: "We identify the flag with almost everything we hold dear on earth. It represents our peace and security, our civil and political liberty, our freedom of religious worship, our family, our friends, our home. We see it in the great multitude of blessings, of rights and privileges that make

up our country." Thank you, Dave Hoke, Charlie Rodenberg and Dave Maril for initiating and continuing such a great tradition.

**HELPING HANDS**

Jackie Rollins says the best part of her volunteer job at the Low Income Tax Clinic, a division of Texas RioGrande Legal Aid (TRLA), is that she can work from home preparing tax returns for the attorneys who scan and e-mail her the necessary documents. TRLA is a nonprofit organization that provides free legal services to residents of Southwest Texas who are unable to afford the fees of private practice attorneys. She also gets a lot of satisfaction in knowing that the returns she has prepared play a major role in closing a client's case or at least in satisfying a portion of it, sometimes without their having to go to Tax Court for a formal hearing.

**UNTIL NEXT TIME**

This is your column and your input is important. Without it, there wouldn't be a column. So please contact Jackie Rollins at 301-1839 or JackieRollins02@aol.com with your suggestions and items of interest, such as someone you feel should be recognized as a good neighbor or another neighbor who is a volunteer extraordinaire. And how about that special trip you took? The story is waiting to be told!

**SUBMITTED BY JACKIE ROLLINS**



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## CLAYTON FUN RUN

Clayton Elementary 2010 - 2011 Fun Run and Celebration, April 16th 2011. If you are interested in advertising and supporting this wonderful, healthy lifestyle event, if you would like to see your companies name on 500+ t-shirts all around the community, on the school's PTA website, posted out in the front of our school, and much, much more, then please contact us at [fundraising@claytoncardinals.org](mailto:fundraising@claytoncardinals.org) about becoming a Sponsor for this exciting event.

**SUBMITTED BY WENDY GONZALES**

## To Legacy Students and Teachers:

First, let me offer a huge thank you to Legacy of Giving teachers and students at Gorzycki Middle School for participating in the Drive for coats and cans and the Day of Service. What you did was incredible! Keep reading!

Because of the combined efforts of the 35 Legacy schools involved in the Drive, the Capital Area Food Bank will be able to serve 46,670 meals to hungry and homeless individuals across Central Texas. Think about that for a minute. What a tremendous impact you have made! By everyone giving their time, talent, and treasure, together, Legacy schools returned approximately \$223,600 in economic value to help communities throughout central Texas.

Gorzycki Middle School students contributed a whopping 1447 pounds of food which translates into 1158 meals for hungry people all over the Austin area! Furthermore, Gorzycki students collected 265 coats to help needy families in our community stay warm! That is really something to celebrate.

Additionally, thanks to Gorzycki's hard work and care, this year, our 35 Legacy schools together collected well over 58,000 pounds of food ( 46,670 meals) compared to last year's collection of 31,00 pounds! This is amazing given our economy is more stressed this year than last. Moreover, Legacy schools collected 4138 coats this year compared to 2000 coats last year! Gorzycki Middle School really made a difference is so many lives. Capital Area Food Bank and the Junior League are in awe of what you accomplished!

Finally, congratulations to all our Gorzycki philanthropists on a job well done! Most of all, I wish to offer a very special and heartfelt thank you to the Gorzycki Legacy teachers who inspired their students to change our world. More stats, awards, and great pictures are still to come!

Thank you,  
Denise Kelly, Academic Program Director  
A Legacy of Giving  
470-6384 • [dkelly@alegacyofgiving.org](mailto:dkelly@alegacyofgiving.org)

## You can have STRAIGHT TEETH by your NEXT CLEANING



At Circle C Dental, we now offer 6 month smiles cosmetic braces in addition to the many other services we offer including same visit tooth colored crowns, CariFree cavity risk assessment and more! By your next cleaning, you can have the beautiful and straight teeth that you have always wanted! Please give us a call at 512-301-2483 (BITE) for a free consultation regarding 6 month braces or any other dental question.

**Q:** How can teeth be straightened in only six months?

**A:** As an adult, your back teeth are in a stable and comfortable position: you bite and chew without problems right? So, why spend 2-3 years moving the back teeth around, when we can just focus on your front teeth and provide you with a great smile in 6 months! \*

**Q:** Six months sounds good, but will I still have a mouth full of metal for the whole time?

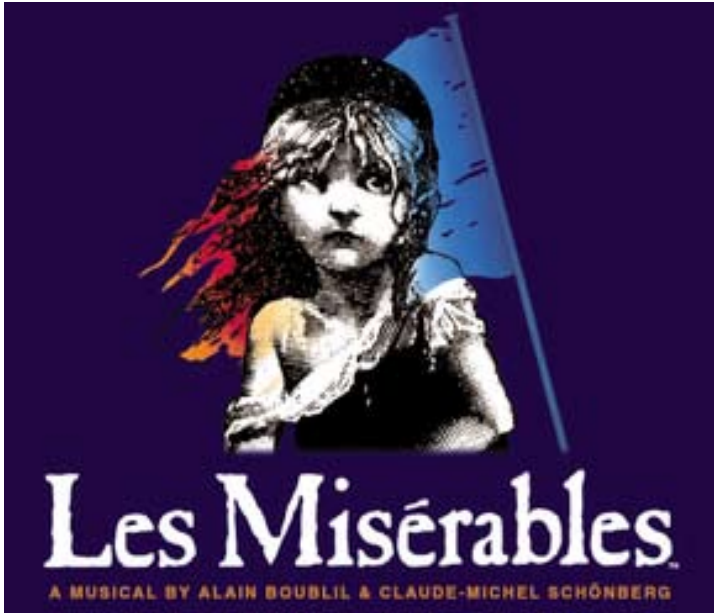
**A:** No! This is nothing like the metal-mouth braces that you imagine! Using clear brackets and a tooth colored wire, the braces are almost invisible.

For more information, please visit our exclusive website: [www.Austin6MonthSmiles.com](http://www.Austin6MonthSmiles.com)

\* Results typically seen in 6 months, but time frame may vary.

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## Les Miserables Bowie High School Performance

The award-winning musical LES MISERABLES will be performed by the students of the Bowie High School Fine Arts Department January 20-23 at the Bowie High School Theatre.

The musical by Alain Boublil and Claude-Michel Schonberg was originally staged in 1985 by Broadway director Cameron Macintosh and the Royal Shakespeare Company. Based on Victor Hugo's 1862 novel of the same name, set in early nineteenth-century France, the plot follows the stories of the characters as they struggle for redemption and revolution. An ensemble that includes prostitutes, student revolutionaries, factory workers, and others joins the lead characters.

The Tony Award-winning score features the song "I Dreamed a Dream", sung as a solo by the character Fantine during the first act. Numerous professional artists have recorded cover versions of this song since the musical's premiere in October 1985, including Neil Diamond, Aretha Franklin, David Essex, Michael Crawford, Lea Salonga, Susan Boyle (when she made Britain's American Idol judges cry), and most recently as a duet between Idina Menzel and Lea Michele on the television show Glee.

Bowie's production features over 150 actors, singers, musicians, and technicians. 2006 Bowie graduate Jonathan Blackburn will perform the role of Jean Valjean as a guest artist.

Performances are at 7 p.m. Thursday – Saturday, January 20-22, and Sunday, January 23 at 2:00 p.m. Reserved seating tickets are \$10 in advance and \$12 at the door and may be purchased from company members. Call 414-2343 for reservations.

**SUBMITTED BY BETSY CORNWELL**

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# Clubs & Announcements



## Girl Scouts Earn Bronze Award

Girl Scout Troop 2214 is a group of 5th graders in southwest Austin. The troop has completed the requirements for the Bronze Award, the highest honor a Junior Girl Scout can earn. The troop consists of Abby C., Emma L., Jamie C., Katie S., Kenna A. and Olivia F. The Bronze Award is given to girls who have shown they can help others, improve their community and world, and become the best they can be.

For their Bronze Award Project, the troop weeded, leveled, planted, mulched and watered the big flowerbed near Kiker Elementary School's blacktop. To learn about native plants, the girl scouts visited the Natural Gardener to help them decide on the plants that they want to include in the bed and the layout of the flowerbed. Our troop decided to include Texas Native plants, various grasses and herbs and lots of wildflowers.

In addition, the girls etched good character traits and habits on small copper signs: Smile, Teamwork, Learn, Read, Friends and Peace. We hope that future Junior Girl Scout Troops will adopt this garden, tend and care for the herbs and plants, and continue the beautification project that Troop 2214 started.

When the girls graduate from elementary school and move on to middle school, they will also bridge to become Cadette Girl Scouts and continue to learn and grow into the leaders of tomorrow.

**SUBMITTED BY LIESL CRISWELL**



## Circle C Tennis Club.



### *"Circle C WTTA Wahoo's C Win First Place"*

The Circle C Tennis Club "Wahoo's C" Tennis Team won first place in their flight for the Fall Season of the Women's Tennis League of Austin. The Team had nine wins, two ties and zero losses, earning a total of 171 points. Players of the team are: Shelly Foreman, Valerie Sansing, Shelby Walden (Captain), Adriana Streetman, Michele Salter, Johanna Heywood, Patty Leighton (Co-Captain), and Kathleen Augustine.



### *"Sportsmanship Award"*

The Circle C Tennis Club Flight 6, Chili Peppers, was awarded the WTTA Fall Season Sportsmanship Award for their Flight. After each league match, the players vote for the team that shows fairness and good sportsmanship on each match. Players of the team are: Cindy David, Eileen Beckmann, Julie Asbra, Ethel Shumaker, Mary Ann Bowling (Captain), Kathi Calhoun (Co-Captain), Rhonda Hudson and Janice Johnson.

**PROVIDED BY: FERNANDO VELASCO, GENERAL MANAGER**

# We're new. You can be, too.

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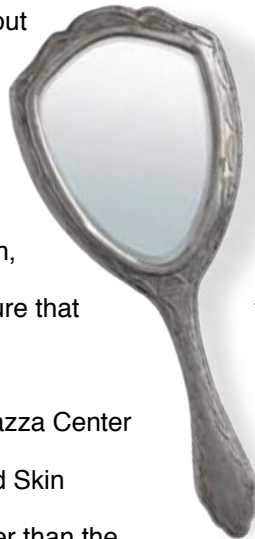
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## Live Oak Referral Network

Do you know a reliable professional in the residential, commercial, health, beauty, financial services, law, trades, or event planning industry who places their customer's needs first, provides accurate estimates, AND completes their work on budget?

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

Curious? Do you want to learn how to build your business by word-of-mouth referral? Visit us this Wednesday morning... have a great time, enjoy the good food, meet new people - and there is no obligation to join.

The Live Oak Network  
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The \$10.00 meeting fee includes a healthy breakfast and beverages.

Bring at least 50 business cards to hand out to our members. For more information email [Katy@AUSTINREPS.com](mailto:Katy@AUSTINREPS.com), or call 695-6347 for more information.

**- SUBMITTED BY KATY HUNT, CIRCLE C RANCH RESIDENT**



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### Business Classifieds

**Business classifieds** (offering a service or product line for profit) are \$65, limit 40 words, please contact Peel, Inc. Sales Office at 512-263-9181 or advertising@PEELinc.com.

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# News You Can Use

## Meet Jermaine, Tibreauna, Keatrick, Jaderrion, and Treyveonne

Jermaine is 11 years old and his siblings; Tibreauna, Keatrick, Jaderrion and Treyveonne are 10, 5, 2 and 8 years old respectively. Jermaine enjoys all outdoor activities including riding his bike, scooter, and skateboard. Tibreauna is sweet child who enjoys school. She is protective and nurturing of her brothers. Keatrick is described as silly and funny and likes to play with his guitar and toy cars. Jaderrion is an incredibly cute, active toddler. Treyveonne is an outgoing child who enjoys all sports. The children need a loving family that can provide them with structure and stability. For more information contact Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter at the Adoption Coalition of Texas at 512-810-0813 or [gracelindgren@adopttexas.org](mailto:gracelindgren@adopttexas.org)



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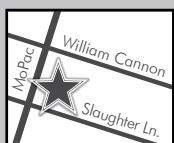
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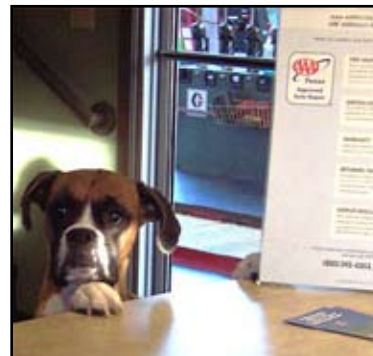
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# Turning New Year's Fitness Resolutions Into ALL Year Resolutions

January is here, and so is the tradition of making New Year's Resolutions. And many times, the tradition of *breaking* those resolutions. We find ourselves excited and motivated for the start of a new year, and within a few months we often experience frustration because we simply cannot stick with the resolutions we set.

I have been teaching fitness classes, personal training, and coordinating fitness programs for over a decade, and I see it every year. Gyms are packed from January through March, and then many members just seem to disappear or give up.

Here is my question. What can we do to stick with exercise and making healthy choices for *twelve* months out of the year instead of just three? It is not easy, but laying a proper and realistic foundation is the key. And remembering that if we do fall off the wagon, we need to hop right back on and not give up. Commitment, time management, setting measurable goals, and being realistic are all vital components to our success.

If a sedentary and overweight person begins her training by saying, "My goal is to lose 50 pounds in five weeks," that person is likely to fail. That rate of weight loss is simply not healthy, realistic, or lasting. However, if that same person instead says, "My goal is to work out three days a week for 20-50 minutes each time and as a result, lose 50 pounds this year," she is off to a great start! That goal is specific, measurable, attainable, realistic, and time-bound.

People often ask me what my New Year's resolutions are, and to be honest, I don't really set them anymore. You see... I, too, have set resolutions many times in the past, and within weeks or months felt defeated and gave up because they were not realistic. Instead, I find myself setting little goals throughout the year, but they very rarely include numbers on a scale.

Setting "number goals" (*ex: "I want to lose 20 pounds by May"*) certainly has its merit, but I encourage you to move toward setting the "How can I become a better and happier person/wife/mother?" type of goals. And why limit ourselves to January? If you

find something you want to do or become in the month of March, set that goal right then and there, and create a specific plan of action that will get you there. Keeping a positive and realistic spin on our goal setting throughout the year will allow us to experience more success. And that is what matters in the end, right? Feeling successful and improved because of the things we learn along life's journey.

Here are a few tips to setting *all* year resolutions.

**Set S.M.A.R.T. goals.** They should be specific, measurable, attainable, realistic, and timely.

**Find what works for YOU.** If joining a gym is not realistic for you, find other activities, classes, and opportunities that don't involve a gym membership.

**Get support.** That could be a close friend, spouse, personal trainer, meet up group, or coworker. Communicate your goals and have people in your corner cheering you on.

**Set goals that will better yourself and those around you.** *Ex:* This month, I will go on more walks with my child. This month, I will clean up my eating. This month, I will start a gratitude journal. You will find that little changes equal huge improvements over time.

**If you set "number (weight) goals," remember that your beauty and worth do *not* lie in the numbers on the scale.** Healthy weight loss is slow and steady at a rate of about one pound per week. To lose just one pound per week, you must burn 3,500 calories more than you consume, which is no easy task.

**Keep in mind that fitness and health are a *lifestyle* - not a one-month trial.** Any movement is good movement, and many times, the hardest part of exercise is just getting it started.

**Nutrition is key.** What goes into your mouth is just as important as the exercise you get.

We are all beautiful and have so much to offer this world. Here is to an amazing 2011!

**BY SARAH S. JORDAN, MS**

## Clothes Moths

Clothes moths can cause considerable damage to materials containing wool, fur or other animal-derived products. There are two common clothes moths, case making clothes moths and webbing clothes moths. The names describe the larval (caterpillar) stage of the moth. Case-making clothes moths spin silken cases that they drag along with them while they feed. Webbing clothes moths feed within silken burrows that they spin over the surface of fabric.

Adults are small, tan moths about 3/8 an inch long. They are weak fliers and avoid light. Larvae like to feed in protected areas, such as folded clothing, and rarely leave their food source.



To reduce or avoid clothes moth problems, the following tips may be helpful:

- Locate & remove any infested items
  - Look in drawers & closets, on the floor, on or under furniture, on or in walls, ceilings & attics
- Launder or dry clean clothing
- Periodically shake & air out items such as rugs & clothing
- Use heat and/ or cold to kill insects in infested items
- Thoroughly clean storage areas
- Store clothing in tightly sealed containers
- Cedar is not that effective in repelling clothes moths
  - It must be freshly cut or chipped for vapors to be effective & vapors lose potency quickly
- Mothballs (naphthalene or paradichlorobenzene) can be used to repel insects
  - Read & follow all label instructions
  - Use only in sealed areas or closed containers
  - Note that the fumes from these products may soften or melt some plastics
- Insecticide sprays can be used to supplement sanitation techniques
  - Removing all items from the area before treating with an insecticide

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at [www.urban-ipm.blogspot.com](http://www.urban-ipm.blogspot.com).



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## Austin Newcomers Club - January Luncheon

Austin Newcomers is a social organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. Join us at our monthly luncheon as well as take the opportunity to learn about and become involved in many varied fun Interest groups.



**Time:** 11:00 AM Social - 12 Noon Luncheon  
**Date:** Jan. 19, 2010 (Reservations required by Thurs, Jan. 13th) **For Luncheon Reservations email:** LuncheonDirector@AustinNewcomers.com or Diane Israelson 512-467-4979

**For other Newcomers information** visit [www.austinnewcomers.com](http://www.austinnewcomers.com) or call 512-314-5100

### January Program: The Growing Complexity of Identity Theft

It is the fastest growing crime in America... a threat to everyone including children, the elderly, and everyone in between. Most people who have been impacted are usually not aware until it is too late.

People generally believe that identity theft relates mostly to financial information and affects credit. That is only partially true. While, identity theft impacts credit and can be devastating to people's finances, there are other types of identity theft that are also prevalent and growing. These include thefts of medical insurance for receipt of medical care

under false identity; social security number for employment under false name and evasion of income taxes; and, driver's license number for traffic offenses. The stolen personal information has also been used for committing additional crimes under a false identity. People whose identities are stolen can spend months and years and a lot of money to restore their identity. In the meantime, it can impact their ability to secure employment; get loans for housing, education or cars; and lead to denial of new health coverage or loss of existing medical coverage. The process is frustrating, humiliating and time-consuming.

Dr. Roy Steele will discuss how identity theft occurs, how thieves obtain information, whom they target and why, and what they do with that information. He will also tell us about trends in Texas and give us tips on how to minimize thefts of critical information and what to do when it happens. Dr. Steele has over thirty years' experience in management, consulting and training. He has a doctorate in Human Resource Development from George Washington University and has worked for some of the largest corporations including General Dynamics, Halliburton, Xerox, General Electric, Digital, Dell, Compaq and Duke Energy. He has consulted and coached executives and teams in over 27 countries and taught graduate courses at Texas A&M, Harvard and GWU. He has also served on the Advisory Board of Texas A&M College of Education.

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