



# CIRCLE C RANCH

The Official Publication of the  
Circle C Homeowner's Association

## Newsletter

Volume 8, Number 7

July 2011

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

### CIRCLE C COMMUNITY CENTER & POOL UPDATE

As part of the Circle C Community Center construction project, the contractors will be digging a utility trench for a sanitary sewer line along La Crosse from the Community Center site to a designated location on the north side of La Crosse, into the Enclave community to tie into an existing line.

The contractors anticipate this project will take two to three weeks. It will involve digging approximately 300 feet along La Crosse between Clayton Elementary and Spruce Canyon. During the project, one lane on La Crosse will be closed. All of the traffic closure plans are approved by the City of Austin.

Thank you for your patience during this construction, please be courteous of the workers in the area, and remember to slow down, look for kids, and obey the traffic signs.

If you have any questions or concerns, please contact the HOA office at 288-8663 or [info@circlecranch.info](mailto:info@circlecranch.info). Please do not attempt to enter the site and speak with any onsite workers as it is a construction zone and not safe. For residents who live near this area and have children – please take a few minutes and speak to your children about the danger of trying to enter the site at any time.



### *Join us for the* **4th of July Parade - Sat, July 2nd**

Please join us on Saturday, July 2nd for the Annual  
4th of July Parade in the Swim Center Plaza.

Here is the schedule:

- 8:30am .....meet in the plaza to decorate your wheels  
(we will provide some decorations)  
9:00am ..... Parade begins (short route down La Crosse led by APD and AFD)  
9:30am .....Best Decorated Wheels Contest; popsicles and water in the plaza

### **No Fireworks Allowed** *in City Limits*

The City of Austin and the Circle C Homeowners Association does not allow fireworks within Circle C Ranch at any time. With the current drought situation and upcoming 4th of July holiday, it is more important than ever to make sure this rule is strictly followed. Please report any fireworks to the police department by calling 911.

### **Do Your Duty!** *& Take It All the Way Home!*

We would like to congratulate all of you who scoop the poop when you walk your dog. That is Fantastic. However, once you have it in your nice little bag, please take it all the way home for proper disposal. We are finding a lot of little blue baggies full of dog poop, thrown or hidden in the landscape beds and shrubs! Come On—Take it All the Way Home—You already scooped it!

### **Tree Pruning - Know Your Stuff** *...Before You Start!*

Many of the older homes in Circle C have very mature trees which are in need of pruning – we have especially noticed the Bradford Pears in front yards. If you have oak trees, please explore the City's website on Oak Wilt – a devastating disease to our oak trees. Pruning of oak trees is recommended from February through the end of June ONLY. Read more on the City's website at: <http://www.ci.austin.tx.us/oakwilt/>

## CCHOA NUMBERS

HOA Mgmt Office ..... [info@circlecranch.info](mailto:info@circlecranch.info) or 288-8663  
 HOA 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 Hibpshman, CMCA, Manager ..... 347-2891  
 Parkwest HOA  
 Goodwin Management ..... 502-7509  
 Streetman Enclave HOA  
 Rosalind Peterson..... 441-1041  
 Muirfield HOA  
 Sara Huff ..... 306-9352

## BOARD OF DIRECTORS

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 Steve Urban..... Board Member  
 Contact the board at ..... [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 ..... 311  
 Schools  
 Clayton Elementary ..... 841-9200  
 Kiker Elementary ..... 414-2584  
 Gorzycki 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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# It's Time: 2011 Offers Golden Opportunity



Not intended to solicit properties currently for sale.

## Homeowners Live with the Payment, Not the Price.

Believe it or not, the average mortgage rate near the end of 2010 was less than half the 30-year average of 9%. The combination of historically low rates and more attractive prices means that homes are generally more affordable today than at any time in the last 40 years. As a result, more families have the chance to buy a home and benefit from reasonable housing payments for many years to come.

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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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**COMING SOON**

Have one of these in your yard yet? If you are considering listing your valuable Circle C Ranch home and/or purchasing another, I would like to apply for the extremely important job of being your listing and buyer's agent. When selling OR buying, it's important to consider using the neighborhood listing expert. The Squires family have been listing and selling Circle C Ranch homes since 1987 and have been involved in Austin, Texas real estate since 1965. John Squires knows the 15 different builders of Circle C, their floor plans and their values. Please call John for a free, no-obligation listing-value analysis of your most important asset—your home.



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Coming soon! 10827 Red-



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John Squires is the **#1** Realtor in Circle C Ranch home sales with over **350** homes successfully **SOLD** over the years! **#10** team out of Austin's **"Top 50"** realtors/teams! Austin resident since 1963. Call John's **"sell"** phone at **970-1970**!



Coming Soon! 11216 S. Bay



Coming soon! 6512 Way Lane

## JULY 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	 <b>4TH OF JULY PARADE</b>	5	6	7	8	9 <b>MOVIE NIGHT AT THE POOL</b>
10 <b>NEWSLETTER ARTICLE DEADLINE</b>	11	12	13	14	15	16
17	18	19 <b>BOARD MEETING</b>	20	21	22	23/
24/31	25	26	27	28	29	30

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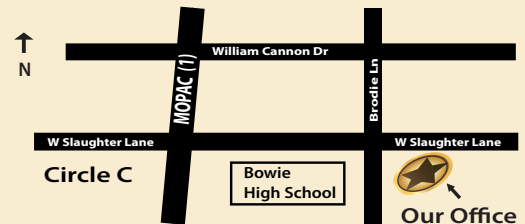
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# HOA Manager Announcements:

*Submitted by Denise Nordstrom, CCHOA Mgr.*

## DEED RESTRICTION REMINDERS

*Please remember that you agreed to abide by the Declaration of Covenants, Conditions and Restrictions when you purchased your home – do your part in keeping Circle C a beautiful place to live!*

Lately we have noticed many front yard trees in need of pruning, especially Bradford Pear trees. Please evaluate your front yard landscaping and trim trees and shrubs that are overgrown. But, remember, oak trees should only be trimmed between February and the end of June – read more on the City's website at: <http://www.ci.austin.tx.us/oakwilt/>. We have also noticed that some of you are switching your lawns to a native landscape – please remember you must submit your plans to the Architectural Control Committee if you are changing the front yard landscape palette.

If you receive a letter from the HOA regarding an alleged violation, please call us. 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. 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).

## HOA DUES TO BE MAILED IN JULY!

The second half of your annual dues assessment will be mailed the first week of July; they will be due August 1st! Please follow the following procedures when sending in your dues:

- Mail to the PO BOX 163541, Austin, Texas 78716
    - DO NOT drop off at the HOA office
  - Please DO NOT post date your check
  - Please DO NOT staple your invoice to your check
    - include it in the envelope
  - Please make your payment by CHECK ONLY, we do not take credit cards.
  - Please call our Financial Office at 451-9901 if you have any questions or if you do not receive a statement by mid-July.
- Thank you for your cooperation.

## DO WE HAVE YOUR CURRENT INFORMATION ON FILE?

The Financial Manager keeps a master resident database which is used to mail assessments, the newsletter and any HOA correspondence. If you have moved or have a new mailing address, please be sure to check with us to make sure we have on file. You can contact the HOA office at 288-8663.

*(Continued on Page 9)*

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## CIRCLE C SWIM CENTER UPDATE

*Submitted by Jessy Lieck*



### MEGA MIND IS AT THE CIRCLE C SWIM CENTER!

Come out and join us for Community Movie Night by the pool Saturday, July 9 at 8:30pm! This month we will be showing Mega Mind! Entry is free for all Circle C residents, make sure to bring your membership card. Guests are welcome, standard guest fees and policies do apply. It's guaranteed to be fun for the whole family!

The Swim Center will also be offering other events throughout the summer, so be sure to check our website ([ccswim.net](http://ccswim.net)), Facebook page ([facebook.com/circlecsc](https://facebook.com/circlecsc)) and Twitter ([twitter.com/circlecsc](https://twitter.com/circlecsc)) regularly for dates and more information.

### GROUP SWIM LESSONS

Group Swim Lessons are still going on through August 12! Don't miss out! The first two-week session for the month of July will begin on July 5. All swimmers must complete a required swim evaluation prior to enrollment. Evaluations will be held every Sunday by Coach Amanda from 4-6 p.m. There is no appointment necessary for evaluations, just show up anytime between 4-6 p.m. on Sundays. Let the front desk know you're here for a swim evaluation, and we'll direct you to the testing area. The swimmer will be in the water for less than five minutes and Coach Amanda will let you know which class will be most beneficial for the swimmer. Full details can be found in the online activity guide, [www.ccswim.net](http://www.ccswim.net).

### SELECT SWIM TEAM

Registration for the Circle C Select Swim Team 2011-2012 season will begin July 18 for Residents and August 1 for Non-Residents! Please feel free to check out the team's website, [select.ccswim.net](http://select.ccswim.net), to learn more.

You are also more than welcome to stop by and meet Coach Hayley and check out a practice anytime. Send us email if you are interested in trying out, [circlecsc.select@gmail.com](mailto:circlecsc.select@gmail.com).

The team began the long-course season on April 1, 2011 and it will run through the end of July. All facets of the swim team will remain the same except for Friday afternoon and Saturday morning practices. On these days, the pool will be converted and the lanes will run the length of the pool, making them 50 meters long rather than 25 yards.

### SUMMER HOURS

**JUNE 4 - AUGUST 21, 2011**

#### *Tuesday - Friday*

Lap Swim Only: 6-10 a.m.

Lap and Recreational Swim: 10 a.m. - 8 p.m.

#### *Saturday*

Lap Swim Only: 7-10 a.m.

Lap and Recreational Swim: 10 a.m. - 8 p.m.

#### *Sunday*

Lap and Recreational Swim: 10 a.m. - 8 p.m.

#### *Monday*

CLOSED

All Swim Center hours and detailed information about the Swim Center can now be found online for easy access.

Website: [www.ccswim.net](http://www.ccswim.net)

Calendar: [calendar.ccswim.net](http://calendar.ccswim.net)

Facebook: [www.facebook.com/circlecsc](https://facebook.com/circlecsc)

Twitter: [www.twitter.com/circlecsc](https://twitter.com/circlecsc)



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### **CITY OF AUSTIN CODE LITTER ORDINANCE**

City of Austin Code 10-5-41, 10-5-42 and 10-5-43 address litter issues. Property owners are responsible for removing litter from one-half of the street adjacent to their property. This means that street and curb line if front of your home should be swept up after your mow and trim. It is a violation of City Code to deposit litter, including leaves and grass clippings into the City storm system. If you have your lawn maintained by an outside individual or company, make sure they understand City Code. Let's do our part to keep Circle C looking great and to protect our waterways.

### **PLEASE BRING US YOUR ALUMINUM CAN TABS FOR THE RONALD MCDONALD HOUSE**

So many of you are now in the habit of collecting the aluminum can tabs and we appreciate you taking the time to bring them to the HOA office. We will continue 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/>



### **CITY OF AUSTIN OAK WILT SUPPRESSION PROGRAM**

The City of Austin is losing one of its most important assets--the beautiful live oaks and red oaks that form a shady, green canopy over the city. These oak trees are being threatened by a contagious disease called oak wilt. Over the past twenty years, Austin has lost more than 10,000 oaks to the deadly and infectious oak wilt disease. For both individuals and the City as a whole, this loss is felt by increased utility bills, reduced property values, and a sense of devastation.

To address this issue, the City of Austin's Parks and Recreation Department (PARD) began the Oak Wilt Suppression Project in 1988 and it originally ran until September 2002. The City worked in partnership with the USDA Forest Service, the Texas Forest Service, and local neighborhood associations. The purpose of the project was to educate the public, locate the disease, provide technical and cost-share assistance, and monitor treatments for any continued spread. From 2002 until January 2006, the City of Austin was not involved in the oak wilt suppression partnership. Beginning in 2006, the City's Watershed Protection and Development Review Department (WPDR) renewed its partnership with state and federal agencies as well as neighborhood associations.

The City Arborist responsible for the Oak Wilt Suppression Program is: Chris Dolan (512) 974-1881 or [chris.dolan@ci.austin.tx.us](mailto:chris.dolan@ci.austin.tx.us).

For general questions concerning oak wilt, including a list of certified private arborists, please refer to [texasoakwilt.org](http://texasoakwilt.org).

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## Circle C Landscape Update

*Submitted by Susan Hoover*

Pruning perennials in the summertime is a great way to improve the aesthetics of any garden, while stimulating healthy plant growth at the same time. The main reasons for pruning are to control the plant's shape and size, to regulate flowering and blooming, and to regenerate the plant by encouraging new growth. By removing spent growth and understanding when and how to cut back plants, perennials can be kept in bloom and flourish in the summer months.

The first type of pruning that should be performed in the summer is deadheading, or removing all old flowers. This encourages the growth of new flowers, which extends the bloom period and keeps the plant from spending energy on seed production. The saved energy is used for vegetative growth and root development, building a stronger

plant. Additionally all dead or browning plant growth should be removed when deadheading. If there is a desire to attract birds or wildlife, it may be a good idea to leave a few of the old flowers on the plant to promote some seed production. Cutting back is another type of pruning that can be effective in the summer. In order to control the size and shape of the plant it is safe to cut foliage back to about 4 to 6 inches from the ground. The majority of perennials should be cut back immediately after they have completed their bloom cycle. Proper cutting back will allow the plant to recover quickly and flower another time later in the season. Make sure that the plant is well watered during pruning. It is also a good idea to remove old mulch and replace with a new moist layer of mulch at the same time.

Pinching is another technique which can be used to grow a bushier plant by stunting vertical growth. By pinching the stem just above a node, removing only the growing tips and first set of leaves, the plant is encouraged to grow short and bushy. It is important to research specific species and make sure they respond well to pinching.

Pruning perennials in the early summer, after their first bloom cycle, can enhance the appearance of your garden and keep your plants controlled and healthy. After deadheading and cutting back flowering perennials, the plants will grow short and stocky, and they will stay in bloom for an extended period. Following these techniques in addition to good watering and feeding practices can keep your garden looking beautiful all summer.



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# SHOW OFF YOUR SUPERHERO



Parents this is your chance to brag on your kiddos. We want pictures of your kids doing everyday things, school events, plays, sports, etc.

Send in your pictures to be featured in the Circle C Newsletter.

E-mail your pictures to [info@circlecranch.info](mailto:info@circlecranch.info) by the 10th of the month.



This is Laci and Laurin Hunt 8 year old twins. They just one the Circle C Seals Free Style Relay. They both love the summer swim team.



# Summer cinema!

## DINNER & A MOVIE

FRIDAYS & SATURDAYS AT 6PM

JUNE 3-4	SHARK'S TALE
JUNE 10-11	WALL E
JUNE 17-18	DESPICABLE ME
JUNE 24-25	KUNG FU PANDA
JULY 1-2	FINDING NEMO
JULY 8-9	SURF'S UP!
JULY 15-16	YOGI BEAR
JULY 22-23	HOW TO TRAIN YOUR OWN DRAGON
JULY 29-30	TOY STORY 3
AUG 5-6	MEGAMIND
AUG 12-13	TANGLED
AUG 19-20	MADAGASCAR
AUG 26-27	SHREK 4EVER AFTER
SEPT 2-4	RANGO

Enjoy a great first-run, family-friendly movie in Southwest Bistro's 'mini theatre'—complete with comfy beanbag chairs and picnic blankets. And what's more, you can order a delicious dinner from the full menu at Southwest Bistro. It's a perfect way to start your Austin weekend!

FOR MORE INFORMATION,  
CALL THE HYATT AT 512.477.1234  
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## BRING IN THIS COUPON KIDS EAT FREE IN SOUTHWEST BISTRO

\*VALID ON THE ABOVE DATES ONLY. ONE CHILD PER ONE PAYING ADULT.  
FREE MEAL MUST BE ORDERED FROM THE CHILDREN'S MENU.

## Do You Have a Child who is Ready for Pre-K?

The Circle C Child Development Center is excited to announce that we have openings in our part-time Tuesday/Thursday Pre-K class for the 2011-2012 school year! This class provides a great transition into kindergarten – full of learning, excitement, and tons of fun. This class has a degreed Child Development Center teacher, and the student to teacher ratio is 2:16.

### HOURS, & OPTIONS

Tuesday/Thursday ..... 9:00– 1:30- \$280  
Extended Care..... 1:30 – 3:00-\$70  
(must be enrolled in T/TH class)

(Your child must be 4 years old by Sept 1st, 2011 to be accepted into this program) If you would like to learn more about this program or are interested in one of the openings, please call the Child Development Center at 512-288-9792 or visit our website at [www.circleccdc.org](http://www.circleccdc.org).



***These spots won't last long so call TODAY! 512-288-9792***

Circle C Child Development Center  
5917 La Crosse Ave, Austin, TX 78739

## SEND US YOUR *Event Pictures!!*

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to [info@circlecinfo.com](mailto:info@circlecinfo.com).

Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).



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# NOW IS THE TIME TO SELL

It is a *seller's market*. Supply is *LOW* and demand is *HIGH*.  
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# Park West HOA News

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

*Submitted by Jackie Rollins*

### MESSAGE FROM THE BOARD

The Board recently sent all Park West residents a letter with recommended actions to minimize the danger of wildfires in our community. Thank you for your follow up on those recommendations. We want to let you know about one action we have taken on that topic and another possible action we have learned about.

Several Board members and neighbors whose homes back up to Lot 103 or the Metropolitan Park recently met with Austin Parks and Recreation officials to discuss eliminating smoking on the disk golf course during the drought. We were pleased to learn that a smoking ban has been put into effect in all city parks during the drought. When we pointed out a significant number of cigarette butts in the area, they agreed to put up "No

Smoking" signs on the course and to have the area patrolled more frequently. During their visit, they asked if Park West would be interested in participating in a pilot program they are developing to clear undergrowth and plants with high flammability, such as cedars, up to 50 feet behind homes adjoining the park. Homeowners would have the responsibility to pay for the cutting, while the city would provide chipping and the hauling away of debris. An informal survey of several residents indicated significant interest in participating. The topic will be discussed at the June 20th Board meeting and, if approved, a letter of interest will be sent to the Parks and Recreation Department. We would like to emphasize that this is currently only a proposed program and there is no guarantee, if approved, that we will be

selected to participate.

In the meantime, there is no sign of the drought ending. Please remain vigilant to fire preventive actions in Park West.

### LANDSCAPER NEWS

We decided to do a complimentary fertilizer application to green up the grass and give it better root and leaf structure to help it through the drought. The results of the additional fertilizer are readily visible: dark green hue and greater turf density. Irrigation checks continued at a slower pace at approximately 21 checks in May. Seasonal color was added to both mail centers as the snap dragons ran their course. The City still allows two days a week to irrigate your lawn. It's never too late to get your sprinkler

*(Continued on Page 15)*



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**Park West HOA-** (Continued from Page 14)

system checked to ensure optimum results before limits are imposed. Contact me at [scott@pearsonlandscape.com](mailto:scott@pearsonlandscape.com) or Jackie Rollins at 940-5745 for an appointment now. We learned last month that any planting or plant removal that is to occur near electrical boxes needs to first have the area inspected by Pedernales Electric before any digging takes place. *Scott Smith, Pearson Landscape Service*

### PEST CONTROL

Here are some hints to rid your attics and premises of squirrels which have become a prolific problem to our neighborhood. They are capable of jumping six feet straight up and launching themselves a distance of ten feet or more to reach a bird feeder or a rooftop. Keeping squirrels out of your yard, especially if you have oak trees, gardens or bird feeders may not be realistic, but making your home inaccessible to them is. If you have a bird feeder, move it twenty or more feet from the house. Squirrel feeders touted as squirrel-proof are, at best, squirrel resistant. The most effective is an all-metal feeder with adjustable springs that regulate a counter-weighted door, which in turn protects the feed from the squirrels.

The use of "Squirrel Away" or a hot pepper spray can be an effective deterrent, but both can actually be harmful. The use of moth balls as a deterrent is discouraged since they are toxic and not labeled for

use on squirrels. Exposed wires or rubber hoses commonly found on gas grills, stored motor vehicles and low-voltage lighting can be a tempting target for squirrels. It is estimated that up to 50% of all house fires of "unknown origin" are actually started by rodents such as squirrels chewing electrical wiring. The best way to stop this problem is to trap and relocate the offending squirrel, especially if they are in the walls or attics where wires are present. Once a squirrel has found its way into an attic or crawl space, the only practical way to remove it is by trapping. After removing the rodent(s), repairs should be made immediately to close the entrances. It is also important to cut off the access route to the attic or crawl space. This may require trimming tree branches that overhang the roof, the removal of firewood that may be stacked against the building and filling cracks in foundation walls.



### A SWEEPING REMINDER

Remember to clean up debris left in the street or on the driveway after an approved construction or landscape project. Of course, the contractor is responsible for the cleanup but oftentimes some residue remains. Per the Park West HOA Rules, it then becomes the responsibility of the homeowner or resident to finish the job as part of Street Yard maintenance.

*(Continued on Page 16)*



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MAKE SUMMER SPECIAL

The Y has always been a place where families can play and be active **together**, and that's more important than ever. Whether the activities are sports, exercise classes, or more recreational like swimming, camping, and arts, we want families doing them together because you'll live healthier and make memories for a lifetime.



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*(for those with loved ones struggling with addiction)*

**Sexual Addiction Group (male group)**

**Chemical Addiction Groups (male & female groups)**

**Women's Support Groups**

*(eating disorders, sexual addiction)*

## Health, Hope & Healing

**Mondays @ 7:00 pm**

**Divorce Care**

**Safe People**

## Specialty Classes

**Sundays @ 8:30 & 11:30 am**

**Re-married/Blended Families**

**Ladies Only and Men's Only Classes**

*Starting Soon: Men's Anger Management,  
Boundaries, Women's Wounded Heart  
(survivors of sexual abuse)*



**WATCH LIVE**

**services Sunday mornings or view any time at  
[www.ghbc.org](http://www.ghbc.org)**

**Sunday Morning Schedule**

**10:00 Worship | 8:30 & 11:30 - Bible Life Groups (all ages)**

**Great Hills Baptist Church | the radiant church  
10500 Jollyville Road . Austin, Texas 78759 | 512.343.7763**

*Park West HOA- (Continued from Page 15)*

### HELPING HANDS

Contact Charlie Heard at 288-7557 for pick up of your gently worn men's work and casual apparel, including jeans, T-shirts, shoes, boots, socks and underwear as well as personal hygiene items, blankets and backpacks, for the Open Door Project and Fig Leaf Store at University United Methodist Church which benefit the homeless and others in need.

### GOOD NEIGHBORS

Tell us about your favorite charity and volunteer efforts. Recognize a neighbor who is always there to help by e-mailing a few lines to JackieRollins02@aol.com.

### 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.

## PARKING

The HOA receives quite a few calls and emails from residents who are frustrated with parking scenarios on their street. The BEST place for residents to park is in their garage, not only does this look better, but it's safer in terms of potential vandalism. If you are unable to park in your garage, perhaps it's time to consider clearing out this space and looking for better storage solutions. If you absolutely cannot park in your garage, then the next best place is your driveway. This ensures that the streets are kept clear, which not only looks better, but is also safer in terms of emergency vehicles having the best access. If you have guests over and they must park in the street, ask them to park directly in front of your home. If you are in a cul-de-sac, this is especially true, and cars must not park nose in, cars must park parallel to the curb.

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# Clubs & Announcements



*Thanks to H-E-B,  
Summer Nature Nights are Free!*

## *Thursdays in July*

Snakes, fossils, birds of prey and more-- our family evenings offer fun and eco-education with talks, crafts, hikes and lots of action. Nature Nights are on Thursday evenings starting June 30 and continuing through August 4, from 6 to 9 p.m. Free gift at the store for each child under 12. H-E-B sponsorship also means that admission to the Wildflower Center is free all day on Nature Nights days.

Thursday, July 7 .....	Wildlife Tracking
Thursday, July 14 .....	Snakes
Thursday, July 21 .....	Fossils
Thursday, July 28 .....	Birds of Prey

## **JULY EVENTS** *at the Wildflower Center*

### *Lady Bird Johnson Tribute Day*

**9 a.m. to 5:30 p.m. Sunday, July 24**

Our founder, Lady Bird Johnson, would have been 99 this year. Once again, we honor her with a free admission day and a special exhibit of her memorabilia. We are celebrating her contributions to the environment and to more than 50 laws related to conservation, landscape preservation and beautification. Children's music in the courtyard by Lucas Miller noon to 2 p.m. Meet artist Catherine Flowers from 1 to 4 p.m. in the McDermott Learning Center and from noon to 3 p.m., author Jeannette Larson in the store.

### *-Art Exhibits- Vibrant Blooms & Aqueous Matters*

**Through August 21**

Catherine Flowers' embellished painted silks in the McDermott Learning center and T.J. Mabrey's evocative sculptures in the gardens are a summer treat.

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# Circle C Tennis News

*Submitted by Fernando M. Velasco  
General Manager, Circle C Tennis Club*

## CONGRATULATIONS TO CIRCLE C PLAYERS!

The USTA Junior League players, coached by Danny Rodriguez, did a great job during the Texas USTA Junior Playoffs last month at Newk's Tennis Ranch in New Braunfels. Coach Danny Rodriguez was there to encourage, train and coach them during the weekend. They brought a well deserved banner to the Club. Players who represented the club were: Front Row: Kenzie Holtz, Nathan Augustine, and Riley O'Connor. Back Row: Coach Danny, Tom Gilburg (MVP) Mackenzie Salter, and Lauren Blevins (MVP).



## “PLAYING SPORTS IN THE HEAT”

As the temperature keeps rising every day becoming to record levels, I want to remind you of the dangers of dehydration while doing your sports. I recommend the following in order to avoid heat stress by:

- Schedule practice time in the morning and late afternoons when the temperatures are cooler.
- Wear light-colored clothing made with breathable material.
- Wear a white hat to protect face, skull and neck
- Drink 18-20 oz of fluid two or three hours before your match, then again another 8-10 oz ten to twenty minutes before match.
- During play, drink 8-10 oz every ten to twenty minutes.
- If you have heat cramps, stretch the muscle, and take rehydration drinks with glucose and electrolytes.
- If you feel light-headed and think you might faint, lower your head or lie down on your back with your feet up. It would be a wise idea to stop playing and to sit down in a cool area.
- If you are playing in a tennis league match or tournament, drink plenty of liquids prior your match and on every change of sides, take a sip of a protein drink and/or water. Soft drinks and fruit juices are not recommended.

Taking a cooler with ice in it and inserting a towel or one of the “chilly pads” inside and using it to place it around your neck during changeovers will also help you keep your body chilled. After play, make sure you replenish your fluids that you have lost during your match. This will avoid further cramping.



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# Clubs & Announcements

## Pick Up The Pile Campaign

*Submitted by Tracy Johnson*

Austin, TX--May 31, 2011--Canine waste is full of bacteria. When left behind in parks, campgrounds, and yards, it threatens our water supply. When it rains, it runs into rivers, streams, and wells. It only takes one irresponsible pet parent to infect an entire area's natural source of H2O. That's because different types of bacteria like fecal streptococcus, fecal coliforms (E. Coli), campylobacter, and salmonella which is found in pet waste can make humans sick.

Being prepared to pick up your dog's pile each and every time he or she feels nature call is one way to remedy this growing problem. It's the right thing to do for a number of reasons as explained by Tracy Johnson, Founder of the Pick Up the Pile Campaign. The concerned Austinite was alarmed to see just how many pet parents let this issue go despite city efforts to eliminate public waste. She routinely encounters piles on the sidewalks and recreation areas of the parks that she visits. Rather

than keep quiet any longer, she decided to address the problem one pet parent at a time.

Her nationwide campaign is set to go into effect June 1st. Cities around the country will take part in educating the public about the dangers of canine waste. Johnson notes that it's never been easier to safely conceal and discard piles. A number of products have been designed to help remedy this problem. Even the most squeamish pet parent will have no trouble being responsible once they are introduced to the items Johnson has found online and through pet supply stores.

Johnson believes that education is key to shedding light on this problem. She also thinks the next generation of pet parents will show greater concern for the issue. As a way of introducing young people to the Pick Up the Pile Campaign, she is offering a fun Scavenger Hunt consisting of different Tasks, Trivia, and Finds. Find out how to participate by visiting [www.pickupthepile.com](http://www.pickupthepile.com).

## MUD MAXX

*Submitted by  
Cart T. Martin*

The Lake Houston Shrine Club had it's annual Mud Maxx fun run on June 11, 2010. Visit [www.mudmaxx.com](http://www.mudmaxx.com) for pictures and videos which will show how much fun is to be had at the event.

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## Austin newcomers club

### *All About the Classical Guitar!*

The Austin Classical Guitar Society (ACGS) is the largest of its kind in the nation and presents a broad range of programming serving the Central Texas community.

ACGS programs include a seven-month International Concert Series, Summer Chamber Concert Series, Community Concert Series (30 free concerts), an Educational Outreach Program reaching nearly 800 students in 15 schools, free guitar lessons for low-income students, groundbreaking curriculum and teaching materials online at [GuitarCurriculum.com](http://GuitarCurriculum.com). It also has a Community Guitarists program with amateur adult ensembles promoting life-long music education.

Executive Director, Dr. Matthew Hinsley, will present an engaging talk about the classical guitar in Austin. He will also perform a few selections. Hinsley will talk about the unique



characteristics of the classical guitar that make it a powerful ambassador for the fine arts, discuss upcoming events, and entertain the group with music too.

Dr. Matthew Hinsley was trained as a classical guitarist and vocalist at the Interlochen Arts Academy, the Oberlin Conservatory of Music, and the University of Texas at Austin. Beyond performing and scholarly pursuits, Dr. Hinsley has cultivated two primary professional interests: to enhance the way young classical guitarists are trained in America, and to transform the way arts organizations serve our diverse communities. In 2008 his increasingly popular book, *Classical Guitar for Young People*, was published by EnvisionArts. He recently published his second book *Creativity to Community: Arts Nonprofit Success One Coffee at a Time*.

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# Clubs & Announcements

## Circle C Senior Men Visit Texas Archeological Site

*Submitted by AE Martin*

On Tuesday June 14 nine members of the Circle C Senior Men's group visited the Texas Archeological Society field school site near Hondo, Texas. Ron Jorgenson, a member of the TAS for more than ten years and a resident of Circle C, hosted the group and described each step the TAS takes in digging into the history of central Texas. At the site we saw over 300 TAS volunteers taking part in uncovering and documenting relics ranging from a few hundred to thousands of years old. The field school this year is located on the Eagle Bluff Ranch along the Hondo Creek about fifteen miles from Hondo. Several professional archeologists lead the field school and ensure that proper procedures are taken to preserve all discoveries.

The Circle C Senior Men's group meets every Wednesday at the 9 in the morning at the local Waterloo on Escarpment. The organization is very informal and all senior men in Circle C are invited to join for breakfast and lively discussion. Our trip planner, Dave Maril, organizes 4-5 outings each year and lunch is usually one of the main features. For the TAS trip we enjoyed lunch at a Mexican restaurant in Hondo that offered 44 lunch items for less than \$9 each.

For more information about the Circle C Men's group send email to A. E. Martin at [aemartin@austin.rr.com](mailto:aemartin@austin.rr.com) or Dave Maril at [Davemaryl@aol.com](mailto:Davemaryl@aol.com). For information about Texas Archeological Society you can visit [www.txarch.org](http://www.txarch.org).



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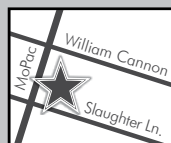
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# LCRA Austin Area Regional Advisory Committee News

*Submitted by Katherine Holtz*

- **Water Advisory Committee nearing the end of its work** - Several members of the Water Management Plan Advisory Committee said Tuesday that they felt like they were on the verge of finding an approach they could live with on the curtailment triggers that will be used to determine how water is allocated from lakes Travis and Buchanan during a drought. Read more <http://lcra.cmail1.com/t/ViewEmail/y/211C97710495924B>.
- **Kibby Joins LCRA Board of Directors** - Sandra Wright Kibby, of New Braunfels, has been sworn in as the newest member of the Lower Colorado River Authority Board of Directors. Gov. Rick Perry appointed Kibby to a six-year term on the Board in late April and her nomination was approved by the Senate...See press release <http://www.lcra.org/newsstory/2011/kibbyjoinslcraboard.html>.
- **Powerplant Upgrades Test New Technology** - A Central Texas coal-fired powerplant is completing a project that aims to significantly reduce its emissions. A \$400-million wet flue gas desulfurization (FGD) project now under way at the Fayette Power Project near La Grange, Texas, will remove about 97% of sulfur dioxide emission from the plants' two units and allow the 1,200-MW facility to meet permitting obligations.

Read [http://texas.construction.com/texas\\_construction\\_projects/2011/0418\\_PowerplantUpgrades.asp](http://texas.construction.com/texas_construction_projects/2011/0418_PowerplantUpgrades.asp)

## CENTRAL TEXAS LAWN CARE

*Thursday, July 14, 2011, 7:00-9:00pm  
Zilker Botanical Garden - 2220 Barton  
Springs Rd., Austin TX 78746*

Central Texas weather is presenting us with more challenges than usual in the landscape, especially with lawns. Master Gardener, Jerry Naiser will provide you with solutions for growing a healthy lawn. Topics will include choosing the right type of turf for your soil conditions, irrigation, fertilization, proper mowing techniques and how to diagnose and treat pests and diseases. For more information, contact the Master Gardeners Help Line at (512)854-9600. This seminar is presented by the Travis County Master Gardeners, a volunteer arm of the Texas AgriLife Extension Service in Travis County. [www.tcmastergardeners.org](http://www.tcmastergardeners.org)

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*Submitted by Melinda McKenna*

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**\*\* Note – we will not be meeting on July 5th \*\***

For more information go to [www.AustinBusinessPartners.com](http://www.AustinBusinessPartners.com)  
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## What Causes Autism?

By Connie Ripley

Autism is diagnosed in one out of 110 children (1 in 70 boys). In 1975, autism effected 1 in 5,000. It is the fastest growing serious developmental disorder in the U.S., but is it a disorder or a disease?

The reasons for this huge increase, especially the 57% increase between 2002 and 2005, are being explored by parents, physicians and scientists. The means of diagnosing being essentially the same, what in our current world is causing the escalation of autism at alarming rates?

*No totally supported cure exists.*

*Early detection and intervention are the best treatments.*

Many concerned parents are blaming childhood immunizations —due in part to a well-publicized study by Dr. Andrew Wakefield (founder the Austin-based Thoughtful House) linking the measles-

mumps-rubella (MMR) vaccine to autism. Medical organizations and drug companies have spent millions combating what they call his “fraudulent research findings”, yet Wakefield still holds his findings as factual. Who do you believe? The Centers for Disease Control (CDC) is finally citing studies showing that early exposure to mercury-based thimerosal is associated with motor and phonic tics in boys. Others are claiming the measles vaccine is a live virus that may continue to live in some children.

The **age of parents**, either mother or father, has been shown to possibly have an impact on the diagnosis. According to the federal government’s leading autism body, the Interagency Autism Coordinating Committee (IACC), “Recent studies suggest...that parental age...may confer environmental risk.” The Dr. Oz television

show had a large portion of one show on the causes. This was a well-accepted cause, but why?

**In-Vitro** fertilization appears to also be in question. A recognized physician and autism specialist states that 29% of her autism patients were conceived in-vitro. (It is important to note that this is only one physician’s findings and is not a published study.) Could this also be linked to age of parents?

The federal government is also studying **Toxins** as a possible cause. The unusually high incidence of autism in children around Texas power plants is cited in some studies.

**Mitochondrial DNA damage** is finally getting a lot of attention from both physicians and the federal government.

(Continued on Page 27)



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## DROWNING ALERT!!!

July						
mon	tue	wed	thu	fri	sat	sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**In recent years, more Central Texas children have drowned in JULY than in any other month!**

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**July – August 2011 The Hospital at Westlake Medical Center Flamingo Sale to Benefit Colin's Hope!**  
When the beloved garden center, Pots & Plants closed its doors- several flamingos were injured in the move. You can help them return for the best care in town at The Hospital at Westlake by donating \$15. ALL profit in June, July and August benefits Colin's Hope. You can add to The Hospital at Westlake's flock, or start your own flock at home. Visit [www.westlakemedical.com](http://www.westlakemedical.com) for more details or stop in The Hospital's Waterfall Cafe, 5656 Bee Caves Road, Building L, level 3 to sponsor your flamingo. Spread the word on Facebook and raise even more funds for Colin's Hope.



**August 28th 3rd Annual Colin's Hope Kids Triathlon**  
Athletes ages 5-15, mark your calendars for August 28th. Our Kids Triathlon will once again take place in the Lake Pointe neighborhood. NEW this year are athlete training clinics sponsored by Austin Cycle Camp, Jack & Adams and Nitro Swimming. Go online to register at [www.colinshope.org](http://www.colinshope.org).

For more information, check out our website at [www.colinshope.org](http://www.colinshope.org)

Download a QRcode App on your phone & scan me!



Children who drown often do not **scream, splash, or struggle**. They can silently slip beneath the water, even with adults & lifeguards present.

## What Causes Autism?- (Continued from Page 26)

Current scientific findings support the concept of a medical disease causing a dysregulated immune system to constrict the blood flow in some children's brains, primarily the temporal lobes affecting motor skills, social integration and speech. Some physicians claim that when "the villain" that causes the damage can be identified and removed from the child, autism symptoms diminish. Is this a vitamin deficiency, a virus, a fungus, sensitivities to toxins or certain food allergies?

The CDC now wants to do a 5 year study on the potential risk for post vaccine "neurological deterioration" and a study of mitochondrial dysfunction. This comes after the IACC announced a shift in research priorities toward environmental triggers, which could include toxins, biological agents and "adverse events following immunization."

Does a **genetic predisposition** to the disorder exist in some children? While each gene appears to affect only a small percentage of cases, groups of genes appear to account for a greater percentage of autism risk. When children are exposed to certain toxins, viruses, fungi or conditions, autism could be the result, but not in all siblings and not in all twins.

## Why are four times as many boys as girls affected with autism?

Something causes this early disruption in the development of the brain of one in 110 children (Some even say the number is more like one in 91. The U.S. military is stating 1 in 80 in ads on TV!), but what?

Autism Speaks is North America's largest autism science and advocacy organization. Autism Speaks is funded primarily by local walks. The Greater Austin Walk Now for Autism Speaks committees and teams are being formed for the 2011 Walk at Dell Diamond on September 24.

## Your help is needed!

Please contact Walk Manager Traci Whitney  
at [traci.whitney@autismspeaks.org](mailto:traci.whitney@autismspeaks.org) or  
go to [www.walknowforautismspeaks.org/austin](http://www.walknowforautismspeaks.org/austin)

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# News You Can Use

## Tips for a Healthy Summer

### *Eat Smarter & Move More*

*Submitted by Sarah S. Jordan, MS*

The 4th of July holiday is almost here, and along with it comes good food, parties, and great times with family and friends. These things pretty much go hand in hand with summer.

Summer is a very common time for people to fall off the “health wagon,” but it doesn’t have to be that way. Eating right and getting enough activity can certainly be a challenge, especially when holidays and travel are involved. But the keys are: being consistent, making good choices, eating in moderation, and purposely finding ways to move more. Here are some tips to make your summer a healthier one for your family and friends.



#### **Small Changes = Big Results**

*Making small changes for your summer cookouts and potlucks can equal big nutritional improvements.*

#### **Traditional Summer Food**

#### **A More Healthy Alternative**

Hot dogs .....	Turkey dogs
Hamburger .....	Turkey burger
Potato salad .....	Fruit salad
Chips and high fat dip .....	Assorted vegetables and hummus
Fried chicken .....	Grilled chicken kabobs with veggies
Pie .....	Fresh pineapple
Soda and sweet tea .....	Iced tea with lemon
Using high-fat mayonnaise in dishes .....	
..... Use low-fat mayo or the kind that has olive oil in it	

*(Continued on Page 29)*



“Our talents are the gift that God gives to us...  
What we make of our talents is our gift to God”.

- Leo Buscaglia

### **Oak Hill United Methodist Church JOB SEARCH SUPPORT GROUP**

**Tuesdays, 8:45 to 10:15 a.m.**

**Adult Education Building, Room A101-102**

A community support group for Oak Hill United Methodist Church members and Oak Hill community individuals seeking career opportunities and resources.

This group is for anyone who is unemployed, under-employed, facing unemployment, looking to return to a career field, or just looking at the current employment circumstances.

Free coffee and snacks are served, if possible bring your laptop computer and wireless adapter connector.

For more information, contact Linda at  
[ohumc\\_jobsearch@yahoo.com](mailto:ohumc_jobsearch@yahoo.com) or join the Yahoo Group at  
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Oak Hill United Methodist Church is located on Hwy. 290, just west of the Hwy. 290/Hwy. 71 split (“the Y”) in Oak Hill. We are directly across from the ACC Pinnacle Building. Visit our website at [www.oakhillumc.org](http://www.oakhillumc.org) or call 288-3836 for more information.



## Tips for a Healthy Summer - (Continued from Page 28)

### Healthy Recipe Swap

You can even request that guests bring a healthy dish and include the recipe along with the dish. After the event, the party host types up all of the recipes and emails them to party guests. Just like that - everyone is equipped with healthy things to try on their own!

### Get Movin'!

Instead of a party revolving solely around the food involved, why not create a "buffet of games" and activity to center the event around instead? Here are some ideas for fun backyard games to try this summer with your family and friends. Just be sure to let your guests know the "active" theme ahead of time so they can dress accordingly and be prepared to move.

### Host a miniature version of the Olympics.

This can consist of things like wheelbarrow races, three legged races, running, water balloon tosses, and team relays. Have prizes for the teams.

### Create an art contest using chalk.

Have three judges and give out prizes for the most creative pieces of art. And maybe even to the adult with the most "artfully challenged" piece of "art."

### Play a classic game of "Kick the Can."

Make sure you have at least 3-4 people playing this game. One

person is "it" and guards the "can." (Can needs to be in an open space.) Other players hide while the "it" person counts to 20 and then goes to find the other players. Captured (tagged) players go to "jail." Anyone not captured can kick the can, which sets all jailed players free. If the "it" person finds all players before the can is kicked, the "it" person wins the game.

### Have a Hula-Hoop contest.

Crank up the fun music, and see who can twirl the longest!

### Create a canvas.

Hang an old white sheet on your fence or clothesline and let the creativity flow while your guests create a beautiful work of art!

### Send your guests on a scavenger hunt.


There are many ways to get creative with this, including giving the hunt a theme to match your party, having guests find things in nature and draw pictures of what they find, or having your guests do something (ex: 10 jumping jacks) every time they find something on the list.

### Slip and Slide!

Give your party a water theme to beat the heat. Set up two identical slip and slides and see who slides the fastest and/or the farthest. Crown your champion. Test out other games like horseshoes, washers, Bocce ball, four-square, hopscotch, whiffle-ball, or kick ball.

*Here's to a healthy and active summer ahead.  
Cheers!*


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## A Focus on Sunburn

*Submitted by Lindsey Douglas*

Sunburn is caused from over-exposure to the harmful ultraviolet rays of the sun. While the symptoms (such as red skin that is painful to the touch) are usually temporary, the skin damage is often permanent and can cause serious long-term health effects, including skin cancer, pigmentation and premature aging. In addition to the skin, eyes can get burned from sun exposure; sunburned eyes turn red, dry, and painful, and can feel gritty.

Sunburn results when the amount of exposure to the sun or other ultraviolet light source exceeds the ability of the body's protective pigment, melanin, to protect the skin. Sunburn in a very light-skinned person may occur in less than 15 minutes of midday sun exposure, while a dark skinned person may tolerate the same exposure for hours.

Sunlight contains an invisible form of radiation called ultraviolet (UV) rays. UV A and possibly UV B can harm skin, connective tissue and increase risk for developing skin cancer. Certain drugs such as some blood pressure medication, antibiotics and nonsteroidal anti-inflammatory drugs increase sensitivity to sunlight and the risk of getting sunburn.

### SYMPTOMS

The first signs of a sunburn may not appear for a few hours. The full effect to your skin may not appear for 24 hours or longer. Possible symptoms include:

- Red, tender skin that is warm to touch. (1st degree burn)
- Blisters that develop hours to days later. (2nd degree burn)
- Severe reactions (sometimes called "sun poisoning"), including fever, chills, nausea, or rash.
- Skin peeling on sunburned areas several days after the sunburn.

### FIRST AID

- Try taking a cool bath or shower. Or place wet, cold wash cloths on the burn for 10 to 15 minutes, several times a day. You can mix baking soda in the water to help relieve the pain. Small children may become easily chilled, so keep the water tepid.
- Apply a soothing lotion to the skin.
- Aloe gel is a common household remedy for sunburns. Aloe contains active compounds that help stop pain and inflammation of the skin.
- Over-the-counter steroid cream can also be applied several times a day.
- Over-the-counter pain medication, such as nonsteroidal anti-inflammatory drugs, or
- NSAIDs, including aspirin, may be helpful, and are excellent for reducing burn inflammation whereas Tylenol only reduces pain, not the burn itself.

*(Continued on Page 31)*

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**A Focus on Sunburn - (Continued from Page 30)**

**DO NOT**

- DO NOT give aspirin to children.
- DO NOT apply petroleum jelly, benzocaine, lidocaine, or butter to the sunburn. They make the symptoms worse and can prevent healing.
- DO NOT wash burned skin with harsh soap.
- SKIN CANCER AWARENESS - See a doctor if you have:
  - Moles that have irregular borders, asymmetric shape, variable color, or grow bigger than a pencil eraser.
  - Sores that bleed and do not heal, are itchy or are painful.
  - Red patches, lumps or new moles

**PREVENTION**

- Avoid sun exposure during hours of peak sun ray intensity. Working outdoors during the summer, especially between 10 AM and 4 PM, increases the chances of getting sunburned. Exposure to certain conditions such as snow and light-colored sand also allow UV light to reflect and increase the risk of sunburn.
- Apply generous amounts of sunscreen with a sun protection factor (SPF) of 15 or higher; SPF rating applies to preventing skin reddening and protects against UV B exposure. SPF does not relate to UV A protection unless specifically labeled to do so. Pay special

attention to your face, nose, ears, and shoulders. Since sunscreen loses its potency over time, products over 1 - 2 years old should be discarded. The higher the SPF, the greater the protection.

- Apply sunscreen 20 minutes prior to sun exposure to allow penetration. Re-apply after swimming and every 2 hours while you are outdoors.
- Wear sun hats with a wide brim to shade face including the ears and back of neck. There is also SPF clothing and swimwear available.
- Wear sunglasses with UV protection.
- Use a lip balm with sunscreen.

**For more information, check out:**  
**[www.cdc.gov/niosh/topics/uvradiation](http://www.cdc.gov/niosh/topics/uvradiation)**

**References**

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## Cicada Killers

Many people panic when they see large wasps flying low over their yard during the summer. It can be a common sight and if one looks, they will often find holes in the yard or flower beds that are surrounded by small piles of dirt. The wasps are cicada killers and can be considered a beneficial insect.

Cicada killers are about 1 ½ inches long with a reddish-brown head and thorax and an abdomen that is black with yellow markings. Wings have a rusty color. Males can be aggressive and buzz near people, but they are unable to sting. Females are capable of stinging but are rarely aggressive towards humans or animals.

Females dig burrows in the ground for nesting areas. Females sting cicadas to paralyze them, take the cicada back to the burrow and then lay an egg upon it. When the egg hatches, the larvae feed upon the cicadas provided. Cicada killers usually do not warrant any control methods. They are



actually beneficial insects that help to reduce populations of cicadas. If you feel that you must do something to manage them, you can sprinkle insecticidal dust around the opening of the burrow.

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)

*The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas AgriLife Extension Service or the Texas AgriLife Research is implied. Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin.*

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# Get To Know Your Irrigation Controller

*Jacob Johnson | LI#17528 | Austin Water*

Many residents put a lot of effort into maintaining their irrigation system, which is a necessary step towards efficient watering. However, people then often overlook an equally important aspect of irrigation—scheduling. An essential element of proper scheduling is knowing how to operate the controller. Not knowing that can cost you.

A normal flow rate for a residential irrigation system is around 14 gallons per minute. Compare that with your shower of 2 to 3 gallons per minute or a dishwasher that uses less than 10 gallons per load and you can see just how quickly minutes on the irrigation controller can add up. So if you see your usage dramatically rise in the summer months, check your irrigation settings before chastising your teenagers for their long showers. Well, I guess doing both would work.

## *Common features on an irrigation controller*

### **1) Multiple Program Capability:**

Controllers give you the option of setting multiple programs, usually labeled A, B, C, etc. These programs let you fine tune your watering. For example, you could set up your turf stations to water twice per week in the summer while keeping shrubs on a once per week schedule. The important thing to remember is that no matter what program you leave the controller on, it will run all programs that are present! Even if two programs coincide with each other, the controller finishes the first program and stacks the next program to run directly afterwards.

**2) Multiple Start Times:** You can also set multiple start times for your program(s). Start times represent what time the program will begin and most controllers offer the option between 3 and 16 start times. There are very few controllers that require start times for each individual zone. The benefit of using multiple start times is to allow for absorption in the landscape because many sprinkler heads can apply water faster than our soils can absorb it. Find the stations times you are happy with and then cut them in half. Instead of the program coming on at only 4:00 a.m., you could have the program (now with reduced station times) come on at 3:30 a.m. and 4:30 a.m. Remember, if using multiple start times, every minute you add or delete really equals 2 or 3 minutes depending on the number of start times present.

### **3) Seasonal Percentage Adjustment:**

Another handy feature, the seasonal adjust, allows you to increase or decrease all of your stations times in 5 to 10 percent increments. This is useful if your entire landscape needs more water, but often stress will only occur in certain areas. It's a good idea at that point to only add time to the stations that need more water and an even better idea to inspect those stations to make sure the stressed area isn't getting water due to a clogged nozzle or misaligned head. When setting station times, it's recommended to have the seasonal adjust at 100% because the seasonal adjust button uses 100% as the reference point and makes changes relative to what that number is. Some controllers will show the increased or decreased times while others will continue to show the original times, but are actually

running something different.

**4) Memory Back Up:** Most controllers now come with a non-volatile memory built into the control panel. This helps retain your settings during brief power outages, but will usually clear itself out after long periods with no power. Other controllers will revert to a default program to run everyday for ten minutes per station after a loss of power. If you have a controller that does this, remember to change out the 9 volt battery every spring when you turn your controller back on and just to be safe, check the settings after thunderstorms.

Plant material, watering components, sun exposure, soil health, and how important each area of your landscape is to you all goes into the decision of how long you should run each station. An irrigation program with the same time on every station is usually a signal that there is room for improvement. This may involve taking time from some stations that are doing well and adding them to others that are showing signs of stress. Monitor your landscape and make changes as needed. Remember, automatic irrigation systems are great for carrying landscapes from one rain event to another, but a lack of rain will highlight deficiencies in the irrigation system.

If you need help with programming your controller and use over 25,000 gallons of water in the summer months, you may schedule a free irrigation evaluation from Austin Water either by calling 974-2199 or visiting our website:

[www.waterwiseaustin.org](http://www.waterwiseaustin.org).

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## RECIPE OF THE MONTH - BROCCOLI CHEESE SOUP

### Ingredients

3 T oil  
1 C chopped onion  
6 C water  
6 cubes chicken bouillon cubes  
8 ozs. fine egg noodles  
2 - 10 oz. pkg. chopped broccoli  
garlic powder  
6 C milk  
1 lb. shredded Velveeta cheese  
opt. 2-3 T thickened cornstarch

Saute onion in oil. Add water and bouillon. Cook until dissolved. Add noodles. Cook uncovered 3 min. Add thawed broccoli and garlic. Cook 4 minutes. Add milk and cheese. Heat until cheese melts. Thicken, if desired.

# Enjoy!

### CLIENT TESTIMONIALS

*Chris was there every step of the way, getting in front of the paperwork for me and reaching out to the stakeholders so that I understood everything they were asking of me. I cannot recommend her enough. Chris will take care of you like family!*  
- Barbara Joubert

*The best service and support possible... You cannot have it any better than this.*  
- Ken Clarke

*Chris is extremely knowledgeable and detail oriented with the ability to listen to and understand our wants and needs. Chris' hard work and endless patience not only helped us find the perfect home, she helped us get a fantastic price on the sale of our old house - \$20k above what we expected.* - Stacie Feen

*I would have to say that Chris is without a doubt the most organized, professional, attentive, detail oriented, amicable, marketing extraordinaire agent I have ever come across. Chris also stays with you after the deal is done to make sure everything continues to go smoothly. I highly recommend her and I know that she will always be my first choice in any real estate transactions I ever have in the future.*  
- Leo Maya



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