



CIRCLE C RANCH

The Official Publication of the
Circle C Homeowner's Association

Newsletter

Volume 8, Number 8

August 2011

www.circlecranch.info

Circle C Community Center & Pool Update



The Circle C Community Center project is progressing on schedule. The photo above shows the pool excavation that has been completed.

Beginning in late July, work will commence on the wastewater line that will tie in across the street from the site in the Enclave neighborhood. This will require one direction of La Crosse traffic to be shut down. The goal is to complete the La Crosse street portion of the project by the time school starts in late August.

If you have any questions or concerns, please contact the HOA office at 288-8663 or 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.

4th of July PARADE A SUCCESS!

A BIG thank you to everyone who volunteered to make our Annual 4th of July celebration a success (Sarah Jordan, Terri Savage, Walt Reinhardt, Renee & Glenn Bridges, Stacey Hayes and staff). We had over 400 participants, snow cones from Kona Ice, face painting and free Child-ID kits made by our Constable, Richard McCain. The winners of our Best Decorated Wheels contest included: Wesley Wasserburger, Quintyn Zoghby, Alexandra Mueller, Katie Stout, David Stout, Ryan Dharwadker, Rohan Dharwadker, Camryn Cuchia, Laci Hunt and Harley Werius.

Courtesy of Sarah Jordan from MilesOfSmilesPhotography.com



IMPORTANT DATES

Aug 1 CCHOA Assessment Due
Aug 17 Board Meeting
Aug 22 Back to School, Fall Pool Hours



CCHOA NUMBERS

HOA Mgmt Office 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, 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
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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 by the 10th of the month. The newsletter can also be viewed online at 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. 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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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 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.

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.

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AUGUST 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 ASSESSMENT DUE	2	3	4	5	6
7	8	9	10 NEWSLETTER ARTICLE DEADLINE	11	12	13 DIVE-IN MOVIE AT POOL
14	15	16	17 BOARD MEETING	18	19	20
21 BACK TO SCHOOL POOL EVENT	22	23	24	25	26	27
28	29	30	31			

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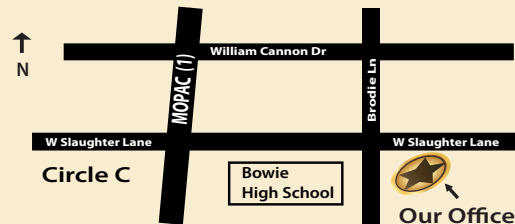
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HOA Manager Announcements:

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!

REMEMBER: If you are planning an improvement to your home (i.e. patio cover, deck, change in paint color, fence material, removal of a tree, etc.), you MUST first obtain approval from the Architectural Control Committee. You can find guidelines and forms on our website at www.circlecranch.info under the Resource Tab.

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.

TIP OF THE MONTH

Is it time to power wash/clean your siding? If you have siding on the back or side of your home, please inspect and if needed, clean.

ARE YOU ON THE HOA'S EMAIL DATABASE?

The Association communicates with residents via our website email database on important and timely issues that affect the HOA and community. If you haven't already, visit www.circlecranch.info and click "Sign Up" and opt in to email.

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/>

JULY NEWSLETTER CORRECTION

A correction to a July newsletter article in regards to tree pruning needs to be made. The article states that oak tree pruning is recommended from February through the end of June - this is INCORRECT. Oak tree pruning is NOT recommended between February and the end of June.

NATIONAL NIGHT OUT

National Night Out is set for Tuesday August 2, 2011. Texas only is scheduled to celebrate on Tuesday October 4, 2011. Neighborhood groups and communities can register and receive an organizational kit at www.nationaltownwatch.org.

(Continued on Page 9)

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 by the 10th of the month.



Ready for action - Sporting his fast flying space ship and disguised as some Star Wars character ready for water sun and getaways!

Alex D'Amico - New residents to Circle C and loving all the wonderful kind neighbors and fun.



CIRCLE C SWIM CENTER UPDATE

Submitted by Jessy Lieck



LOTS OF FUN AT CIRCLE C SWIM CENTER!

Come out and join us for Dive-In Community Movie Night by the pool Saturday, August 13! The water will open for swimming at 8:30 p.m. and the movie will start about 9:00 p.m. This month we will be showing Tangled! 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 Circle C Back to School Carnival Family Day will be taking place at the Swim Center on Saturday, August 21. Join us for food, games, and lots of fun! Check out our website for more details as they become available.

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

NEW BATHROOM POLICY

The Circle C Swim Center has started a new Bathroom Policy to ensure the safety, privacy and well being of all residents. As of July 1, 2011 the new policy states that any child 4 years of age or older must use the appropriate gender bathroom. Children 3 years of age and younger are permitted to use the same bathroom with their parent/guardian. Out of respect for other residents, please limit use of family bathroom to only times that it is a necessity. We ask that you continue to use the outside shower at the far end of the competition pool for bathing purposes.

NEW SWIM CENTER MERCHANDISE!

For your convenience the Swim Center is now selling new merchandise. We have Circle C logo water bottles for \$12, adult size kickboards for \$12, youth size kickboards for \$10, adult size goggles for \$14, youth size goggles for \$10. We also carry travel size SPF 30, SPF 50 sunscreens and Aloe Vera gel for \$2.25. For the younger swimmers, we also have swim diapers in various sizes for \$2 each.

SELECT SWIM TEAM

Registration for the Circle C Select Swim Team 2011-2012 season began July 18 for Residents and will begin August 1 for Non-Residents! Please feel free to check out the team's website, 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.

The Select Team recently competed in the Bay's Edge Valero Unclassified Meet and placed 16th place out of 32 teams. 7 of the 12 athletes achieved best times in every event they swam. 60 out of 69 swims were best times. 39 out of 69 swims achieved an improved motivational time standard. As a team they received 21 - B Standards, 24 - BB Standards, 8 - A Standards, and 7 - AA Standards. The swimmers dropped a combined total of 4 minutes and 30 seconds from their previous best times and had no disqualifications or missed events.

A great representation from Jordan Adkins, Olivia Buerkle, Ariana Eads, Sophia Fontana, Brian Jordan, Junin Ko, Katie Rae Lain, Nicolas Ray, Madeline Reinhardt, Mariana Saitas, and Isaac Van Eenoo. Way to go Circle C Select!

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

FALL HOURS AUGUST 22 THRU OCTOBER 16, 2011

Monday - Friday

6-10 a.m. Lap Swim Only

3:30-8 p.m. Recreation & Lap Swim

Saturday

7-10 a.m. Lap Swim Only

10 a.m.-6 p.m. Recreation & Lap Swim

Sunday

10 a.m.-6 p.m. Recreation & Lap Swim

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

Website: www.ccswim.net

Calendar: calendar.ccswim.net

Facebook: www.facebook.com/circlecsc

Twitter: www.twitter.com/circlecsc

HOA Manager Announcements- (Continued from Page 7)

STRATUS PROPERTIES

Stratus Properties, developer and owner of the commercial land in Circle C Ranch has made a donation of 71 acres of land to the Austin Independent School District. The land is located across from Bowie High School and will be used for the development of multi-use fields. They also provided about 15,000 square feet of impervious cover to be used for any related buildings or parking.

Stratus is also the developer of the site on the southeast corner of Slaughter Lane and MoPac. Alamo Drafthouse is the large building at the far south of the site, and Austin Diagnostic Clinic will be located along Slaughter Lane. There are accessory buildings for smaller retail and offices. The construction is on schedule at this point, and the goal is to have some facilities open by November or December of this year.

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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.

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.



Circle C Landscape

Submitted by Susan Hoover

Hot, hot and more hot! Since the 2" rain in late June, which was a complete surprise and a welcome event, there has been nothing but record heat. Keeping everything in Circle C watered properly and somewhat alive has been a great challenge. We spend the majority of the time over the summer on water management and water conservation. Circle C Landscape manages over 40 irrigation controllers, about 2500 irrigation valves and approximately 10,000 irrigation heads on the overall property for the CCHOA. Needless to say, there is a lot of fixing and monitoring to do. We operate under the City of Austin commercial property water conservation ordinance and follow all of the rules and regulations of the City. We currently are in Phase I of the Water Conservation ordinance, and are allowed to water two days per week. The vast majority of the Circle C watering occurs on Tuesday and Friday. We are prepared to go to Stage 2 water restrictions which may be in effect by the time you get this newsletter. This would limit water to one day per week.

The CCHOA has an approved large property watering variance that allows Circle C Landscape to adjust watering days so we have enough time and water pressure to get the watering done particularly on the large sections of Slaughter Lane and Escarpment. In order to get the variance, Circle C Landscape writes a proposal and conducts an on-site visit with City of Austin Water Conservation personnel. The City reviews the scope of the variance and also checks random sections of irrigation to ensure they are working properly.

We have irrigators who constantly check controllers, make repairs and respond to reports malfunctioning irrigation (missing nozzles and heads). If you see anything like this, please send an email to info@circlecinfo.com or to me shoover@onr.com and we will check it out right away. We try to get all repairs done prior to the next watering cycle or we turn that section off pending a larger repair.

We have noticed that despite our best efforts various areas become stressed if a valve goes out, or on the major boulevards where the grass is thin at the curb edges. We are systematically adding a thin layer of soil to these areas and hand watering it in with a water hose. This is a good tip for those of you who are experiencing thin or dried out spots in your yard.

Our goal during extreme drought is to keep the ground soft enough so it will absorb water if and when we get a rain. The current grass types and drought tolerant plants will undergo periods of being stressed for water and in a slow growth cycle. The plants have a hard time flowering under relentless 100 degree plus temperatures and often look pale. However, when we get a rain, they perk back up. The current turf specification for Circle C is Pallasades Zoysia. It has been installed in all of the renovated areas. It has the characteristic of summer dormancy, which allows it to grow slowly and brown out (similar to winter dormancy) under extreme heat and low water conditions. It responds quite well when weather conditions improve. You will also notice that a lot of vegetative areas begin to look pale and/or yellow. This is a consequence of the high PH and chlorine in our water system. The plants and grass respond much better to rainfall. So, stay cool. The fall will be right around the corner, we hope!

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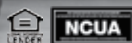
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Frequently Asked Questions

What are the rules on trash containers and recycle cart storage?

Trash containers and recycle carts are permitted to be at the curb only on your scheduled collection day. Trash containers and recycle carts are to be stored where not visible from the street at all other times.

Are basketball goals allowed in Circle C?

Permanently installed goals are not permitted in Circle C. The deed restrictions state that basketball goals are to be stored out of the view of neighbors when not in use. City of Austin code states that only motorized vehicles are allowed to be parked on public streets and all sidewalks must remain clear and open for pedestrians.

Are cars allowed to be parked on the street?

The CCHOA does not have jurisdiction over the streets in Circle C; they are the responsibility of the City of Austin. Obviously inoperable vehicles may not be parked or left on public streets for more than 72 hours. Please call 974-8119 to report an abandoned or non-operating vehicle. Please call 311 to report illegally parked vehicles.

What should I do about barking dogs and stray animals?

Stray Animals may be picked up by animal control by calling 311. The City of Austin states it is unlawful for dogs to make frequent

noise disturbing to persons in the neighborhood and violations should be reported to the City. You may also call the CCHOA office at 288-8663 with specific date and time for excessive barking. The staff will send a cooperative letter to the homeowner.

How do I report a street light outage?

Every light pole has an assigned number mounted on the pole. Jot down that number and call the City of Austin 311 non-emergency number to make the report.

Are boats, trailers and recreational vehicles allowed in Circle C?

The Deed Restrictions require that any vehicle or trailer other than a conventional automobile be stored, placed or parked in an area concealed from view of other Homeowners.

What are the rules on maintenance?

Homes are to be kept in a well-maintained, safe, clean and attractive condition at all times. Lawns and garden areas should be kept alive, free of weeds and attractive. Lawn mowing is required on a regular basis. Trees and shrubs are to be pruned. Public right of way and sidewalks should be clear and unobstructed. Litter, trash, dead vegetation and debris should be promptly removed.

(Continued on Page 13)

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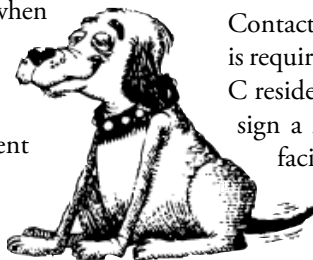
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Frequently Asked Questions- (Continued from Page 12)

What are the rules in Circle C on walking with your dog off leash and what about picking up after your dog?

Both of these issues fall under the jurisdiction of the City of Austin. It is against CoA ordinance to have a dog off leash except on your private property. It is also a requirement by the City that dog owners pick up and properly dispose of their dog's feces. In this regard, we recommend dog walkers carry a plastic grocery bag or newspaper sleeve. Slide it on like a glove, pick up the offensive matter, pull the bag back over your hand, knot it and throw it in your trashcan when you return home. Please keep our landscaped commons areas beautiful and clean for the enjoyment of all.



Do I have to submit plans for improvements and/or additions to my home?

All improvements such as decks, patio covers, pools, change in fencing or any other permanent structure must be submitted to the Architectural Control Committee. You may download an application form as well as a fee schedule on our website at www.circlecranch.info under the "ACC" quick link section.

What do I need to visit the Swim Center?

All residents must possess and show their swim center ID card to enter the facility. ID cards are available at the aquatic office. Contact 288-6057 for information on what is required to obtain an ID. Guests of Circle C residents must pay a \$3 entrance fee and sign a liability waiver before entering the facility. Children under 3 are free.

Are door to door solicitors and door flyers allowed in Circle C?

Both of these issues are governed by the City of Austin. By City ordinance, solicitors must abide by "No Soliciting" signs on private property. Some neighbors have had success in placing a small "No Soliciting" sign near the doorbell and/or a small staked sign near the front porch.

What do new Texas residents need to know?

According to the Texas Department of Public Safety (www.txdps.state.tx.us) a new Texas resident is required by state law to obtain a Texas driver's license, get a Texas vehicle inspection and a vehicle title/registration within 30 days of moving to Texas to legally operate a vehicle.

CIRCLE C DENTAL



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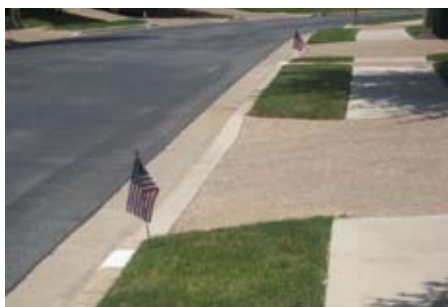
Park West HOA News

Park West HOA News (Specifically for Park West Residents)

Submitted by Jackie Rollins

MESSAGE FROM THE BOARD

Miracles never cease. Again this year the American flag appeared in front of each of our homes after dusk on July 3. They waved to us all during the 4th as reminders of the brave men and women who throughout our history as a nation have protected us and our freedoms. After dusk on July 4, the flags magically disappeared for another year. What a gift to our neighborhood, and for this we must give our heartfelt thanks to Joan and Dave Maril, with the help this year of Linda and Leigh Prieto, Dorian deWind and Sue and Vince Totero. We offer a special remembrance to their former sidekick Charlie Rodenberg.



LANDSCAPER NEWS

The only way to sum up what occurred in Park West in the month of June is "heat." So much so that my dad and I agreed that we would no longer talk about it. This is the hottest heat spell since 1926...at least that's what a city inspector told me while we were looking at a commercial system in south Austin.

The biggest mistake I have found that homeowners make in reaction to the heat is to add more water. Too much water can cause "brown patch." Brown patch occurs when there is too much thatch or remnants of dead and decaying grass above the root zone. What happens is that the excess water gets absorbed by the thatch and causes moist warm conditions for fungus to grow. The fungus attacks the grass and roots and then the grass becomes prone to insects and you have a downward spiral into an abyss of brown patches of grass. This does not negate the length of watering times which are normal for this time of year: grass zones 25-30 minutes twice a week and bed zones 20-25 minutes twice a week. Follow these time frames as

(Continued on Page 15)



- ❖ Full Landscape Design/Installation
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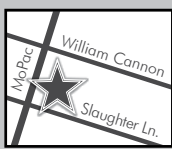
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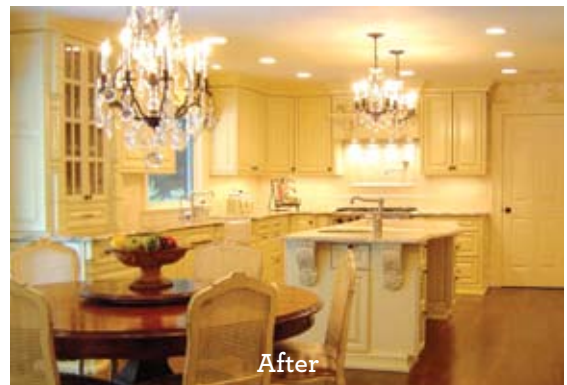
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Before



After



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104242 - 07/11

Together we'll go far



Park West HOA News

Park West HOA- (Continued from Page 14)
long as the City of Austin allows no further watering restrictions.

We did get two inches of rain which really greened things up for a week. We mowed the east and west mail centers. Lot 103 was mowed at the end of May. Let's pray for a July like last year. Thank you. Scott Smith, Pearson Landscape Service

BEEN THERE, DONE THAT

(Vacation and travel tales submitted by residents) *From Dorian deWind:*

The recent trip my son and I took to my native country of Ecuador was almost like traveling to three different countries. Traveling through Ecuador, the size of Colorado, means traversing three uniquely distinct and infinitely varied geographical and topographical regions. First, the warm and humid Pacific coast region, with some of the most gorgeous, unpopulated beaches; its lush banana, cacao and sugar cane plantations along with shrimp "farms" and

its beautiful regional capital of Guayaquil with 3.5 million inhabitants.

Next, the high Andes mountains with numerous active volcanoes topped by the majestic, 20,000+ feet Chimborazo; its amazingly fertile and productive breadbasket haciendas and colorful Indian markets; its mysterious, deep lakes and melted snow-and rain-flushed rivers and waterfalls crashing down thousands of feet towards the ocean on one side and towards the Amazon river on the other, all crowned by the Spanish-colonial capital of Quito, settled in a Cordilleras valley "merely" 9,000 feet high and at "la mitad del mundo," the center of the earth.



Finally, at the East side of the Andes, or "Oriente," we find the most amazing region in Ecuador --perhaps in the world--its Amazon rain forest. A region that has been referred to as the most bio-diverse place on earth, a "crucial part of the planet's lungs," and as the world's "richest biological incubator." One such place is the Yasuní National Park, deep in Ecuador's rainforest, a pristine 4,000-square-mile wilderness of incredible biodiversity and the ancestral land to two of the most isolated and "uncontacted" indigenous tribes. An area containing 150 amphibian species, 121 species of reptiles and 550 species of birds. A region where, in a two-square-mile area, one finds 655 species of trees---more than the United States and Canada combined---along with some of the most promising medicinal plants and animal toxins. Now, add to all this, the diversity in the cultures, traditions and ethnicities of Ecuador's people in the three regions of Ecuador and you have a glimpse of the

(Continued on Page 17)

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Park West HOA- (Continued from Page 16)

greatness of a small country---the size of Colorado.

Ecuador actually boasts a fourth region that is just as distinct and diverse as the other three: the amazing and historical Galápagos Islands, 525 miles off Ecuador's coast and smack on the equator--- just think evolution, natural selection, Darwin, Galápagos tortoises and blue-footed boobies, and you'll get the idea.

Those interested in Ecuador's "El Oriente" may want to go to http://www.huffingtonpost.com/dorian-de-wind/ecuadors-el-oriente-anoth_b_872222.html and read more about the blessings and tribulations of this incredible region of Ecuador.



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.

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**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

HEALTHY KIDS BRIGHTER FUTURE

The YMCA of Austin helps youth learn about being active and developing healthy habits. The benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning to swim or building the positive relationships that lead to good sportsmanship and teamwork, participating in programs at the Y is about **building the whole child, from the inside out.** Youth programs include:

- Gymnastics
- Soccer
- Dance
- Arts & Humanities
- T-ball
- Flag football
- MEND
- and more!



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Registration Now Open



Call Kevin
Scragg, your
Circle C
neighbor, at
(512) 529-8763 to
see any home on
the

Hey Circle C! What a difference a month makes! May is typically busy and June is slow, as everyone goes on vacation. Not this year! May was mediocre, but June just exploded with sales, as the buyers are definitely here and taking advantage of the low interest rates. Over the last year we have seen the banks become more confident and the lenders are able to close transactions quickly again, for the most part. Combine that with the lack of homes being built and the Circle C market is slowly becoming a **"Seller's market"** again. Yes, I said it first—a **"Seller's Market"**. Of course, there are exceptions, but we have been receiving multiple offers and homes going under contract quickly depending on the property and location. Below is the recent activity of John Squires and the Squires Team. John lists his client's homes for them to receive the **"maximum cash net"** from the sale of their valuable Circle C property after completing an extensive and thorough market analysis. If you would like to add your home to the list of successful transactions, please give John a call on his direct "sell" phone at (512) 970-1970!



(512) 970-1970

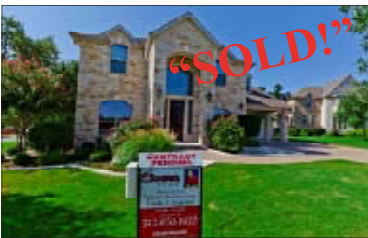
John Squires is the most trusted name in Circle C Real Estate. He is the **#1** Realtor in Circle C Ranch home sales with over **350** homes successfully **"SOLD!"** over the years. He manages the **#10** team out of Austin's **"Top 50"** realtors/teams. Austin resident since 1963. Call John's **"sell"**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



6512 Way Lane—**"Under Contract"** in 2 weeks! HUGE back yard.



6520 Aden Lane—**"SOLD!"** in **"0"** days on market. "We implemented the Squires Team's **Circle C Silent Market** approach and John brought through qualified buyers by appointment only with no sign in the yard. It was a very smooth transaction start to finish. We would refer John to anyone selling in Circle C. Thanks John!" Bryce King



7001 Cusseta—**"Under Contract"** in 5 days after tenant leaves!



11216 South Bay—**"Sold!"** in 4 weeks on market!



11225 Savin Hill—**"Sold!"** sight unseen to relo buyer!



6520 Walebridge—**"Under Contract"** within 2 weeks after taking over listing from competitor. Multiple offers!



6368 Tasajillo Trail—**"Sold!"** as a lease-purchase to tenants.



Click on the QR code with your smart phone for all the Squires Team's listings. Yes, we are ahead of the curve!

SquiresTeam.com



Call Kevin Scragg, your Circle C neighbor, at (512) 529-8763 to see any home on the market and for



10301 Thistle Moss Cove



7304 Seneca Falls Loop



5813 York Bridge



11716 Via Grande



9901 Luvora Cove



Hey Circle C! Ever see the contradictory ad of "We will sell your home for more money and in less time!" Ever wonder how that is accomplished? It is very easy...the agents list your home for much less than what it is worth, usually by \$10,000.-\$15,000. or more. So...it may sell in less time, but it is DEFINITELY not for more money. They are low-ball listing agents. In this market, it is easy for an agent to gain the confidence of an unknowing seller by telling them the horror stories of homes sitting on the market because they're over-priced. Some of those stories may be true so that is why you have to find the proper price from the start (not a give-away price). Buyers are ever-increasingly aware when a home is priced high and when they are priced cheaply. When they are priced cheaply, the buyers sense distress in the home and will probably come in even lower to *really* steal it, if you're not aware. Next thing you know, you just sold your home for \$20,000. less than what it was really worth. At the Squires Team we strive to list the homes for the maximum value the market will bear and look at the home from an appraiser's point of view and not just the standard "price-per-foot" guessing game many agents rely on. Our fiduciary responsibility is to our sellers and the "highest cash net" to them is our focus. Below are 7 brand new listings John is bringing on the market in Circle C Ranch. Please let him know if he can be of assistance to you



6504 Scenic Cove—Streetman's model home plan with a \$65,000., 9 ft. deep, diving pool w/waterfalls, beach fountains, fire-pit and split-level tanning patio.



11516 Alberta Drive



6508 Orchard Hill



6007 Tasajillo Trail

Call John Squires to list your valuable Circle C Ranch home and he'll have one of these in your yard in no time!



(512) 970-1970

Call John Squires for an easy appointment to provide you with a free, no-obligation market analysis on your valuable Circle C Ranch home. John offers move-up and move-down plans to fit your specific needs. We provide FULL marketing of your home with flexible commissions and NO hidden fees. Call John's "sell" phone at 970-1970! Go to CircleCRealtor.com or SquiresTeam.com to view all of John's listings and virtual



Clubs & Announcements

HOPE4JD



The Hartmans are truly blessed and we want to say THANK YOU for your generous support. The Hope4JD Golf tournament & the Family Event at the Circle C Child Development Center were both huge successes and God poured out His love through so many wonderful people and supporters. Needless to say we were truly humbled and amazed, once again.

As a family, we have adjusted over the 2 ½ years since the accident to a new way of life. There is no question this mountain would have seemed un-climbable if not the grace of God and the caring hearts of those around us. The support of this community helped raise over \$76,000!!!

We will charge forward and seek every available treatment and process for our loving son, JD, and these funds will go directly to his on-going rehabilitation and recovery. God knows where the road will end, we have to trust and follow His map.

A special THANKS to Ronda Johnson, who had this vision and dream. Ronda followed her heart, asked and received wonderful support from a team of folks willing to donate their time energy and resources to this effort.

Thank you to the sponsors, contributors and to everyone who has supported our family over the years and through this event. As the Hope4JD motto reads and as Circle C has shown, "Community Changes Lives."

May God Bless each of you.
John, Beth, JD, Macy, Catherine Grace & Clare Hartman

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Clubs & Announcements

Congratulations to our Junior Players Cata Grand Prix at Circle C Tennis Club

Submitted by Fernando Velasco, General Manager Circle C Tennis Club

The Circle C Tennis Club hosted the CATA Grand Prix Tennis Tournament during the week of June 16-19, 2011. Over 65 players ranging from ages 10 through 18 entered this yearly event. Players of the Circle C Tennis programs that participated in this event and reached the finals or semi-finals are shown to the right. Their names are highlighted in Bold Letters.

A.) Keito Chiba, **Riley O'Connor**, Winner Boys 10 Singles B.) Caleb Barlow, Winner Boys' 16 Singles. C.) Will Douglas and Christian Smith, Finalist and Winner Boys' 12-16 Champs. D.) Bella Reagan and Valeria Springli, Finalist Girls 12 Singles Consolation. E.) Elle Reagan and Lauren Blevins, Winner Girls' 14 Singles Consolation. F.) Daniela Alvarez and Brennan Foreman, Winner Girls' 12 Singles



(Continued on Page 23)

What would church look like if it dropped everything
that has kept you from coming to church?

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Find out Sunday, Sept. 11 at 10:15 am. Clayton Elementary.

real gospel. real people. real life.

www.reallifeaustin.org

Circle C Tennis News- (Continued from Page 22)

CIRCLE C TENNIS PLAYERS CELEBRATING "THE 4TH OF JULY"

Members of the Circle C Tennis Club played in a Tennis Mixer celebrating the 4th of July. Players had a chance to play Mixed Doubles, Men's Doubles, and Women's Doubles and finished with a "Three Point Singles Tournament" won by Circle C Resident Ken Comey. After the Mixer, as they were having lunch, Circle C Pro Emeritus Dennis Ralston, entertained the group with a talk about his days with the US Davis Cup as a player, coach and captain during the 1960's.



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Community Health Fair

SATURDAY, SEPTEMBER 10 FROM 10AM-2PM

Exercise Classes (for all ages)
Flu shots/immunizations (Fee may apply)
Health Care Screenings
**(Blood pressure, glucose, cholesterol, Scoliosis,
Osteoporosis, glaucoma, and MUCH MORE)**
Nutritional Information
Healthy Cooking 101
Mobile Blood Bank (onsite)
Home Fire and Crime Prevention
Home Health Care Services
Green Cleaning Products
Know Your Medications
(Bring medications for confidential review)

SPEAKERS FORUM

(Women's issues, Breast Cancer awareness, Immunizations,
Alzheimer's, Advice for Caregivers, and General Nutrition)

Sponsored by: Bethany Lutheran Church
3701 W. Slaughter Ln., Austin TX 78749
www.blcms.org (Health Fair)

YOUTH SOCCER & BASEBALL

Sportball will hold their 4th annual Fall Soccer and Baseball lessons at Dick Nichols Park. Classes are open to children ages 2 to 7. Enroll online at Sportball.us or call 608-2634 for more information.

These soccer and baseball classes will give kids a chance to learn valuable sports skills without the pressure of little league. Kids will receive a jersey and practice with their team each Saturday, but will not have an official game schedule. Classes focus on skills, drills, and scrimmages. Classes are taught by certified coaches.

Classes for Fall 2011

Age 2-3 (Parent/Tot)
Age 4-5
Age 6-7



Register at Sportball.us
Sept 17 to Nov 5
Saturdays
\$125 – all fees and
jersey included

Clubs & Announcements

Adoption Coalition of Texas

*Submitted by: Stephanie Berka, Wendy's Wonderful Kids Recruiter
Adoption Coalition of Texas*

Keyon'te is 15 years old and will absolutely melt your heart with his sweet smile! He has a friendly and engaging personality. He loves playing soccer and also enjoys riding bikes, going fishing, skateboarding and playing video games. Keyon'te enjoys listening to Christian music. He is a smart young man and makes all A's in school. Keyon'te responds well to structure and needs a family that can give him a lot of attention.



MOMS Club of Austin Southwest

Submitted by Kim Gallant

Are you new to the area or a new mom who wants to get out and meet new people? We're a friendly, active support group just for you, the stay-at-home mom. We are the International MOMS Club with a chapter in your neighborhood. We offer a variety of activities, play dates, outings, educational speakers and most importantly, support. For more information, email swaustinmomsclub@gmail.com.

REMEMBER PLEASE:

Austin leash laws require
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when off the owner's
premises.



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AUSTIN NEWCOMERS CLUB

August 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 August 17, 2011
.....(Reservations required by Thursday, August 11th)

For Luncheon Reservations email:
LuncheonDirector@AustinNewcomers.com
or Diane Israelson 512-467-4979

For other Newcomers information visit
www.austinnewcomers.com or call 512-314-5100

"Dance with the one who brung you."

-Darrell Royal, UT Longhorns Head Coach

A Divorce Lawyer's Guide to Staying Married -- Whether you are already married, have been married and divorced, are thinking of getting married in the future or know someone who is, this topic will hit home. Judith Bryant, an associate attorney with the firm of Noelke English Maples St. Leger Blair, LLP, will speak to us on this topic. The law firm is one of Austin's premiere family law firms. Although the firm specializes in advising clients how best to end their marriages, you will not want to miss their advice on how to STAY married instead.

Judith has lived in Austin for over twenty years - ever since she came to Austin to go to the University of Texas in 1980. After graduating with a degree in English, Judith went to the University of Texas School of Law, graduating with honors in 1987. She practiced commercial litigation with the firm of Shapiro, Edens & Cook, and then with Jenkins & Gilchrist. She took several years off from the practice of law to raise children.

Earlier this year, Judith wrote an article for the divorce firm's newsletter -- ironically, in honor of Valentine's Day. She was asked to compile the years of collective experience of the firm's attorneys to determine, from the front lines of marital conflict, what behaviors tend to make marriages fail. She will share with us the firm's best



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!

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BUSINESS CLASSIFIED ADS

MILES OF SMILES PHOTOGRAPHY BY SARAH JORDAN: Check out our Back-2-School Mini Sessions this month! Creative photography, incredible prices, and outstanding customer service - located in Circle C and serving Austin and surrounding areas. Through August, some packages include CD of edited images. Please visit www.milesofsmilesphotography.com for details and to browse through our galleries, or call 512-383-9176. Also, check out Sarah's fitness services for women at www.livefitaustin.com.

EXPERIENCED SEAMSTRESS AND FORMER FABRIC STORE OWNER: SEWING IMPAIRED? Located in Circle C. Offering alterations, hemming, mending, as well as sewing on buttons, and uniform patches. Also hem drapes, make pillow covers, and repair quilts. Call LIZ : 301-6966

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NEED A WILL? Protect your family with a custom will package prepared by a Texas licensed attorney and Circle C resident. \$450 for basic will package includes the following for both spouses: Will (including declaration of guardian for children), Directive to Physicians, Medical Power of Attorney & Durable Power of Attorney. Call Aimee at 512-750-2370 or email agordon1110@yahoo.com.

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**View the current issue of the Circle C Newsletter
on the 1st day of the month at www.PEELinc.com**

School Crossing Guards Needed

FOR BALDWIN, BOONE, CLAYTON, MILLS, KOCUREK, CASEY, AND WILLIAMS ELEMENTARY SCHOOLS, & CLINT SMALL MIDDLE SCHOOL

The City of Austin is looking for applicants to fill crossing guard positions. We require people who are physically and mentally suited to work with children but also maintain a good relationship with the parents and motorists. These positions require that a person must be able to stand for at least 1 hour and be able to repeatedly cross the street with pedestrians during that time without becoming too fatigued. These persons must be dependable and will be expected to maintain a good attendance record. The applicants must be at least 16 years of age and there is no upper age limit as long as the applicants are physically and mentally able to keep our children safe. This is not a hard job but very important for the safety of our children crossing at these locations. These are City of Austin paid positions. The hourly rate is currently \$9.00. The hours are 7:00 A.M.– 8:00 A.M. and 2:30 P.M.– 3:30 P.M. Monday through Friday and follow the same holiday schedule that AISD does. A Criminal Background Check will be conducted. No experience is required. Training will be provided. Anyone interested should contact;

*Herschell Esquell, Southwest Area Supervisor
City of Austin
Child Safety Program
(512) 589-4006
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Catherine Flowers' intricate and colorful paintings on silk are in the McDermott Learning Center and T.J. Mabrey's elegant marble sculptures of water images are in the gardens.

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AUGUST EVENTS at the Wildflower Center

Submitted by
Saralee O Tiede

NATURE NIGHTS—HUMMINGBIRDS 6 TO 9 P.M. THURSDAY, AUGUST 4

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HOW'S YOUR "BRISKETIQUETTE?"

Submitted by Marisol Foster and Courtney Duncan

With the summer vacation in full swing, the kids out of school, and noodles floating in the pool, it's no doubt the grill is staying fired up. But...before you kick off the flip-flops, here are a few barbecue etiquette tips to ensure your grill fest goes down as the best on the block. Wait. Barbecue etiquette, you say? Yes, it exists.

1. If you're invited to a barbecue party thrown by an individual/family, avoid showing up empty-handed. A side of coleslaw, apple pie, or pitcher of lemonade will do the trick.

2. A barbecue is an informal affair – no need to worry about which fork and knife to use. Go ahead and use your fingers in lieu of utensils. Larger pieces of food, however, should be cut with a knife and fork. No need to get medieval on us.

3. If you're like many people who wonder what is the proper way to squeeze a lemon slice and a lemon wedge? Well, here is the answer: if it is a slice, don't squeeze it-just drop it in the glass. If it is a wedge, cup your hand over it to prevent squirting, and squeeze it into the glass. Who likes lemon pulp in the eye? Not me.

4. Corn on the cob vs. man. For most people, eating corn on the cob is one of life's biggest challenges. Okay, well, maybe it's just a challenge. The best way to approach a hot cob: simply, butter a few rows of corn at a time, hold the corn firmly by the ends with two hands (or use corn

skewers), and eat a few rows at a time from left to right. If you prefer to skip the bite-off-the-cob approach, you may also cut kernels off of the cob with a knife, cutting in a vertical, downward manner.

5. Similar to corn on the cob, ribs are meant to be eaten with your hands. Given their messy nature, however, it's important to have napkins on hand. For this barbecue favorite, bibs are not necessary.

6. Sauce is boss, unless it isn't offered. While Texans are usually proud of their barbecue sauce, some barbecue purists prefer no sauce to appreciate the natural, smoked flavor of the meat. Ask for sauce only when you know it's available, or if your child requests it.

7. Grilled shrimp can be easy to eat or take a little work, depending on how it is served. As a general rule of thumb, if the shrimp has the tail on, you can use your fingers. Tails off, use a fork!

8. When hosting a large group, be sure to have a wide variety of food options for vegetarians and children.

9. To pick or not to pick? Your teeth that is. Often times, meat can be tricky to eat and require some dental maintenance. At every expense, avoid removing food from your teeth in public. Toothpicks may be used, but only in private. So what should you do if you notice someone else in the same predicament? Be discreet, but do tell.

10. Last and not least, respect the

griller's domain. If the host/griller has samples to offer, he/she will do so. Never assume you may help yourself to try what "smells good."

Now that the fundamentals are covered, what's for lunch?

This article was contributed by the National League of Junior Cotillions – Travis County, a contemporary etiquette, social skills and dance training program that serves 6th, 7th and 8th grade students in Austin. A parent informational session will be held on Tuesday, August 9th at the Lakeway Resort and Wednesday, August 10th at Barton Creek Country Club. Classes will commence in September 2011. To RSVP for the informational session or learn more about the program, contact Directors, Marisol Foster or Courtney Duncan at 512.369.8302, or duncan.foster@nljc.com. Class enrollment is limited, but registration is now available online at www.nljc.com/chapter/westaustin or www.nljc.com/chapter/lakeway.



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-Jill Ackerman



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Head Lice

Often young children bring home unwanted visitors- lice. Head lice are small, tan to gray, wingless insects. Eggs, or nits, are glued to the hair shaft at the scalp. Nits are dark until after they have hatched when they turn white. It takes 7-11 days for eggs to hatch. Females lay 3-5 eggs each day and live from 7-10 days.

Head lice reside on the hairy part of the head. If they drop off, they only live for about 2 days. They are incapable of surviving on the family pet. Head lice are not known to transmit any diseases from person to person.

TO MANAGE LICE:



1. Use an effective treatment. Head louse shampoos contain insecticides so they must be used properly and with care. Wash the infested person's hair in a sink or basin so insecticide does not come into contact with other parts of the body. The person shampooing should wear rubber gloves. Do NOT use off label products such as flea & tick shampoo, other insecticides or gasoline.

2. Hair combing is an extremely important step in controlling head lice. Many shampoos will not kill all eggs, so combing can help to remove eggs from the hair shaft. Wet the hair and use a special metal louse comb to comb through small sections of hair. Remove debris from the comb with a tissue and place it in a plastic

bag that can be sealed and disposed of when you are finished combing through all hair.

3. Clothing and bedding of the infested person should be washed in hot, soapy water at the same time as the treatment. If items cannot be washed, try dry cleaning. For items that cannot be laundered, place them in a sealed plastic bag in the freezer for at least 24 hours.

4. It's important to contact anyone your child has had close contact with to let them know of the head louse infestation. This can help everyone manage the problem at the same time so there is less chance of reinfestation occurring. It's important to continue checking for head lice weekly so you can keep tabs on reinfestation. 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

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Going 100 Percent Organic Not Feasible?

By Melanie Dragger, M.Comm.

The Environmental Working Group (EWG), a non-profit organization specializing in research and advocacy related to public health and the environment, has released its 2011 updated "Dirty Dozen" list of the 12 fruits and vegetables containing the most pesticides. Topping this year's list? Apples. This begs the question, "Can eating an apple a day really keep the doctor away?"

The answer may lie in where you get your apples. Although the EWG's ranking was cited as an overestimate of the risk by the Alliance for Food & Farming, a non-profit organization with the stated mission of providing a voice for farmers to communicate their commitment to food safety, consuming organically grown products can reduce the amount of pesticides that enter your body. According to the World Health Organization (WHO), long-term exposure to pesticides can lead to death or serious illness, including

developmental and reproductive disorders, impaired nervous system function, and certain cancers. Further, the WHO has found children to be at higher risk from exposure than adults.

However, organically grown products are typically more expensive than conventionally grown products, and some organic products may be difficult to find in some areas. If growing your own fruits and vegetables is not an option, and purchasing 100 percent of your produce in organic form is monetarily unfeasible, the EWG's list offers a good starting point for consumers.

According to the EWG's 2011 report, which is based on its analysis of tests conducted by the U.S. Department of Agriculture (USDA) and the federal Food and Drug Administration (FDA), the following 12 fruits and vegetables (the "Dirty Dozen") consistently contained the highest

amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

- | | |
|-----------------|-------------------------|
| 1. Apples | 7. Grapes (imported) |
| 2. Celery | 8. Sweet bell peppers |
| 3. Strawberries | 9. Potatoes |
| 4. Peaches | 10. Blueberries |
| 5. Spinach | (domestic) |
| 6. Nectarines | 11. Lettuce |
| (imported) | 12. Kale/collard greens |

Alternatively, according to the EWG, the following 15 fruits and vegetables (the "Clean 15") consistently contained the least amount of pesticides, and by adhering to this list, individuals can get their recommended daily allowance of fruits and vegetables without incurring the expense of buying organic products in order to limit their exposure to pesticides:

(Continued on Page 34)



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News You Can Use

Going 100 Percent Organic... - (Continued from Page 33)

- | | |
|---------------|--------------------------|
| 1. Onions | 6. Sweet peas |
| 2. Sweet Corn | 7. Mangoes |
| 3. Pineapples | 8. Eggplant |
| 4. Avocado | 9. Cantaloupe (domestic) |
| 5. Asparagus | 10. Kiwi |

Underscoring the importance of the consumption of fruits and vegetables was the release of MyPlate, also in June, replacing the classic food pyramid. The USDA's new food icon is a simple, visual cue that advises individuals to "make half your plate fruits and vegetables," graphically shrinking the role of meats and dairy products in the national diet.

More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>. More information on the Alliance for Food and Farming can be found at <http://www.foodandfarming.info>. To learn more about the USDA's MyPlate, visit <http://www.choosemyplate.gov>, and to discover more about the WHO, visit <http://www.who.int/en>.

WILL MY CHILD BE *READY* FOR ELEMENTARY SCHOOL?

Submitted by: Brandi Muse

More and more parents are recognizing the importance of enrolling their children in preschool to help them develop the right foundation for success in elementary school and beyond. However, the best programs go beyond helping children master basic academic skills to supporting their development as happy, confident, well-rounded individuals.

Research shows that from birth to age five, development in all areas is rapid. Children form strong neural connections during this time as a result of experiences they have with everyone and everything they encounter. The quality of those early interactions determines how children continue to learn and form relationships, strongly influencing their future success and happiness.

"Parents should look for preschool, pre-K, kindergarten and first grade programs that take a balanced approach to developing motor, social-emotional, creative and academic skills," said Brandi Muse, of Primrose School at Summerwood. "It takes quality instruction, a well-rounded curriculum and a positive teacher relationship to prepare a child to succeed."

- **Academics:** Let's go beyond concentrating only on basic math and reading skills. Academic success is not just about memorization – it requires learning how to think critically, use mathematical concepts, express curiosity and develop competence in language skills like listening, speaking and writing.
- **Technology:** In today's technology-rich world, children need to have a grasp of technology as a tool for creative expression and problem solving. Computers equipped with developmentally-appropriate educational software and online resources should be integrated into the classroom.
- **Physical Development:** Children who participate in daily physical activity develop basic motor skills like throwing, jumping and balance that help them become healthy adults. Physical activity also creates neural connections that support academic achievement.
- **Music and Art:** Young children naturally engage in "art," or spontaneous, creative play, but when educators involve children in music and art activities regularly from an early age, they encourage cognitive and emotional development.
- **Social-Emotional Development:** Preschool programs should focus on social and life skills to help your child establish positive relationships and transition easily to elementary school.



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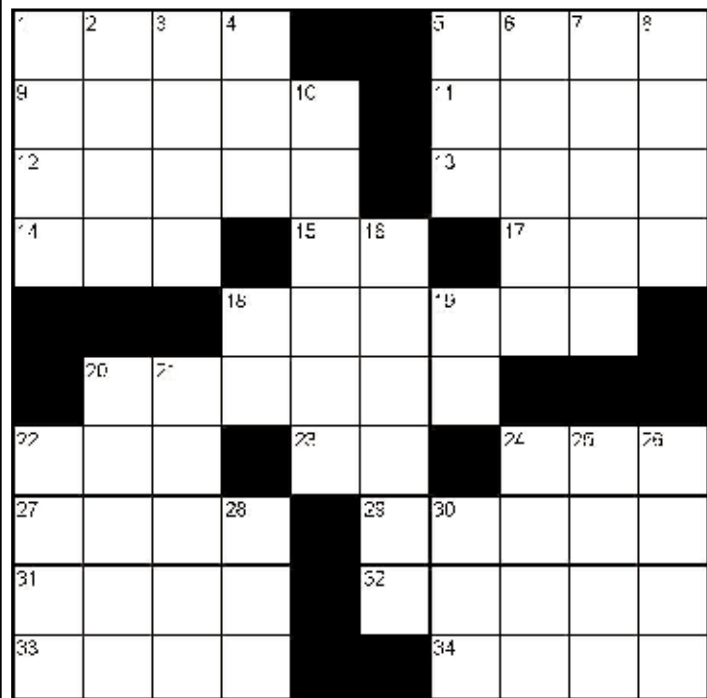
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15. South
17. United States
18. Bottle need
20. Upset
22. Cow's chow
23. Year (abbr.)
24. Computer makers
27. Brews
29. Sleep disorder
31. Parent teacher groups
32. Strong rope fiber
33. Bend
34. Decorative needle case

DOWN

1. Incline
2. Change
3. Small particle
4. Compass point
5. Night bird
6. Body snatcher
7. Cultivate
8. Volcano
10. Change into bone
16. Musical productions
18. Canadian prov.
19. Palladium (abbr.)
20. Many
21. Perfect
22. Captain (abbr.)
24. Institution (abbr.)
25. Swain
26. African country
28. Fast plane
30. Pastry

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News You Can Use

TEXAS EVENTS

*August
2011*

6, 13, 20, 27—BANDERA: Cowboys on Main Features a Western display in front of the Bandera County Courthouse and strolling entertainers on Main Street. Hours are 1–4 p.m. Main Street. www.frontiertimesmuseum.com 800/364-3833

6, 13, 20, 27—BUDA: Farmers' Market Downtown Historic District. www.ci.buda.tx.us 512/312-0084

6-14—UVALDE: Super Regional Soaring Competition Features gliders and sail planes. Garner Field Airport. www.ssa.org 513/897-5667

12-14—MARBLE FALLS: LakeFest Drag Boat Races More than 100 boats race at speeds up to 250 mph in a quarter mile on Lake Marble Falls. Lakeside Park and Johnson Park. www.marblefallslakefest.com 830/693-2815

13—BOERNE: Second Saturday Art and Wine Hop on the free trolley, stroll or drive to a collection of eclectic fine art galleries for free wine tastings, hors d'oeuvres and guest artists. Hours are 5 to 8 p.m. Boerne Visitor Center, 1407 S. Main. www.secondsaturdayartandwine.com 830/249-7277 or 830/249-1500

13—LLANO: Llano Country Opry with George Hamilton IV Lantex Theater. 325/247-5354

13-14—BOERNE: Market Days Dozens of vendors from all over Texas offer

arts and crafts, antiques, collectibles, unusual items and food. Main Plaza. www.boernemarketdays.com 830/249-5530 or 210/844-8193

13-14, 27-28—FREDERICKSBURG: Pari-Mutuel Horse Racing Features quarter horse and thoroughbred races, special races and trials for the 2011 Fair Futurity. Gillespie County Fairgrounds, 530 Fair Drive. www.gillespiefair.com 830/997-2359

14—GRUENE: Gospel Brunch with a Texas Twist Serves awe-inspiring gospel music coupled with a mouth-watering buffet from 10:30 a.m. to noon. Advance tickets recommended. Gruene Hall, 1281 Gruene Road. www.gruenehall.com 830/629-5077

19-20—TAYLOR: International Barbecue Cook-Off Features barbecue, entertainment, arts and crafts and vendors. Awards are given for best meats, best barbecue pits/rigs and showmanship. Murphy Park, 1600 Veterans Drive. www.taylorjaycees.org 512/365-8485

19-21—FREDERICKSBURG: Trade Days Shop with more than 350 vendors in six barns, acres of antiques, collectibles, biergarten, live music and more. Seven miles east of town off U.S. 290 at 355 Sunday Farms Lane. www.fbgtradedays.com 830/990-4900

20—BLANCO: Market Day Browse arts and crafts, antiques, jewelry, food and more. County Courthouse, 300 Main St. www.historicblanco.org/market_day.htm 830/833-2211

20—FREDERICKSBURG: Roots Music Series: Blues Night Pioneer Museum, 325 W. Main St. www.pioneermuseum.net/roots-music 830/997-2835

20—NEW BRAUNFELS: Winery U: Wines of Spain and Italy Learn about the major growing regions of these wine powerhouses and see why both are so popular among wine lovers. Each participant receives printed course materials. Registration required. Begins at 10:30 a.m. Dry Comal Creek Vineyards, 1741 Herbelin Road. www.drycomalcreek.com 830/885-4076

20-21—GRUENE: Old Gruene Market Days Nearly 100 vendors offer uniquely crafted items and packaged Texas foods. Hours are 10 a.m. to 5 p.m. Gruene Historic District, 1281 Gruene Road. www.gruenemarketdays.com 830/832-1721

21—CASTROVILLE: St. Louis Day Celebration Includes music, children's activities, arts and crafts, and a dinner with barbecue beef and Alsatian-style sausage. Koenig Park. www.saintlouisday.com

25-28—FREDERICKSBURG: Gillespie County Fair Features horse racing, concerts,

(Continued on Page 37)

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Texas Events - (Continued from Page 36)

dances, carnival and midway, and displays of agricultural, livestock and home skills. Parade begins at 10 a.m. Friday. Gillespie County Fairgrounds, 530 Fair Drive. www.gillespiefair.com 830/997-2359

26—AUSTIN: Paula Poundstone One World Theatre, 7701 Bee Caves Road. www.oneworldtheatre.org 512/330-9500

27—KERRVILLE: Kerr County Market Day Hours are 9 a.m. to 4 p.m. Courthouse Square, 700 Main St. www.kerrmarketdays.org 830/895-7962

27—NEW BRAUNFELS: Groove in the Grapes Enjoy concerts at a covered pavilion at the vineyards. Hours are 1–4 p.m. Dry Comal Creek Vineyards, 1741 Herbelin Road. www.drycomalcreek.com 830/885-4076

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Sunday, August 28th The 3rd Annual Colin's Hope Kids Triathlon
The Colin's Hope Kids Tri will once again take place in the Lake Pointe neighborhood on Sunday, August 28th. Almost 300 athletes (ages 5-15) are registered and now we need VOLUNTEERS to help us cheer them on! Volunteers are needed to help with packet pickup on Saturday, August 27th and at the race on Sunday, August 28th. This is a great family or group volunteer activity and there are variety of volunteer positions and shifts available! Please go online to volunteer at www.colinshope.org.

August-September 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 July, August and September 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 for more details or stop in The Hospital's Waterfall Café, 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!

Friday, September 2nd- The 2nd Annual Got2Swim 4 (and 8) Miles for Colin's Hope
In celebration of Colin's Birthday on September 2nd, 50 swimmers will be heading down Lake Austin to the Walsh Boat Landing (near the Tom Miller Dam). Some of the swimmers will be going 4 miles while others will be swimming 8 miles. Their journey will be safeguarded by kayak Water Guardians, a team of volunteers and The Expedition School. The goal of this swim is to raise \$50,000 for Colin's Hope while raising awareness for water safety and drowning prevention. Please go to www.tinytch.org/got2swim to meet our swimmers and make a pledge towards our \$50,000 goal. All funds raised from this event will go directly to Colin's Hope. Visit www.colinshope.org to find out where you can go on September 2nd to cheer on the swimmers.

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

**NOT AVAILABLE
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Keep toddlers close enough to touch in pools

Parents can help prevent potential accidents at the pool this summer by staying alert and attentive, said a pediatric emergency medicine physician at Baylor College of Medicine.

"A high percentage of summer drownings and accidents occur in community and residential swimming pools," said Dr. Rohit Shenoi, assistant professor of pediatrics - emergency medicine at BCM and Texas Children's Hospital. *"By far, the most common cause of drowning is lack of supervision."*

Parents need to keep a close watch, both physically - in proximity to the child - and mentally, with little distractions to prevent these accidents, Shenoi said. A good rule of thumb, he said, is to implement *"touch supervision,"* which means keeping within arms-length of your toddler at all times.

Other Safety Tips Include:

- Don't rely on floating devices because children can easily slip out of them
- Make sure the pool has two unblockable drains to prevent the child or a body part from getting stuck in the drain
- Fence in your pool

Active summers can lead to healthy lifestyles

A balance of indoor and outdoor activities can help children maintain a healthy weight during the summer months. *"Some research has shown that kids gain the most weight during summer vacation, so it's important that parents take an active role in providing opportunities for their children to be physically active,"* said Dr. Jason Mendoza, assistant professor of pediatrics at the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine. Children should have at least one hour of physical activity per day, the type of activities that raise their breathing and heart rate.

Outdoors activities can include swimming, biking and other outdoor play but remember to follow safety precautions, such as using sunscreen, drinking plenty of water and wearing proper safety gear. Television, computer and other media usage should be kept to no more than two hours a day for children ages 2 and up. Instead, parents can read to younger children, encourage them to use their imagination by playing around the house, or engage them in arts and crafts activities.

For older children, parents can arrange summer camps through the school or YMCA and plan simple family activities like preparing meals together or taking evening walks together. Getting children involved in chores is another way to keep them active, said Mendoza.

Exercise-induced asthma is manageable condition

Gasping for breath during a workout may be more than just a sign that you're out of shape. It could also indicate a condition called exercise-induced asthma, according to an expert at Baylor College of Medicine. It occurs when someone has shortness of breath, gets winded easily, has wheezing and sometimes even a cough shortly after exercise begins, explained Dr. John Rogers, professor of family and community medicine at BCM.

The condition is manageable and people are still able to perform at a very high level athletically with proper treatment, he said. Treatment usually includes using an inhaler 20 to 30 minutes before exercise. The inhaler helps relax the smooth muscle and can last for up to four hours. There is not one exercise routine that is better for the condition than another. Rogers recommends those with the condition do other things to manage it such as staying away from cigarette smoke, staying indoors when pollen or other allergen counts are high if you have allergies and avoiding exercise when you have cold symptoms. Getting the flu shot each year is also recommended to help maintain healthy lung function.

Food poisoning major concern during summer

If this summer weather has you feeling wilted, imagine what it does to your food. An expert at Baylor College of Medicine advises taking extra precautions with food during the summer heat.

Roberta Anding a registered dietitian at BCM, advises following the "golden hour" rule for foods such as meat, mayonnaise, eggs and cheese. These foods can only stay in an environment above 90 degrees for an hour before they need to be thrown out. This rule also applied to baby formula.

"Don't assume that you can leave something like a turkey sandwich in the car while you run to the mall for an hour. Don't run the risk of a food-borne illness," said Anding. In addition, be sure to wash all fruits and vegetables before cutting or eating. Use separate cutting boards for meats and veggies, and do not use a sponge to clean up drippings after working with raw meat - it only spreads the germs around.

Other Food Safety Tips Include:

- Be sure to have a refrigerator thermometer and a meat thermometer to ensure that food is always at the right temperature.
- When reheating food, make sure it's not just lukewarm. The center of a piece of meat should be hot, ensuring that any potential bacteria that has grown is killed.
- Be cautious when going organic - make sure milk products are pasteurized to avoid food borne illnesses and bacteria.



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