



CIRCLE C RANCH

The Official Publication of the
Circle C Homeowner's Association

Newsletter

Volume 8, Number 10

October 2011

www.circlecranch.info

City of Austin Stage 2 Watering Restrictions



As of Tuesday, September 6, 2011, Austin Water has enacted Stage 2 Mandatory Watering Restrictions because of the exceptional drought in Central Texas. Residential addresses that end in an odd number may water on Saturday with an automatic irrigation system before 10AM, and with hose-end sprinklers or soakers before 10 am and after 7 pm; addresses that end in an even number may water on Sunday. Hand watering is allowed at any time on any day of the week.

The HOA is working closely with the City of Austin on all common area watering. If you see water outside of the allowed times, please contact the HOA office at 288-8663 or send us an email at info@circlecranch.info



IMPORTANT DATES

October 26

Board Meeting at 6:30pm
at the CDC

Circle C Community Center & Pool Update

The CCCC project is making good progress and we anticipate an end of year completion date.

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.

How to Keep In Touch

- For official CCHOA communications, you may opt in to email announcements by signing up for the HOA website at www.circlecranch.info
- For Emergency Notifications, the Capital Area Council of Governments offers a reverse dialing method to notify citizens of critical emergency information. You may register either your home phone or cell phone by logging onto: <http://wireless.capcog.org>
- Several residents have set up a Facebook page, "Circle C Ranch Residents" and a Twitter account @circlechoa

Fire Safety Education

With the recent fires in Austin recently, the HOA has received many calls and emails from concerned residents on what they can do to make their home more safe. The City of Austin provides valuable information on simple steps you can take to protect your home from a Wildland Fire. You can download the "Ready-Set-Go!" pamphlet with this information or visit the City's website at: <http://www.ci.austin.tx.us/fire/>

Be Alert! If you notice smoke, do not hesitate to call 911.

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
 Sara Huff 306-9352

BOARD OF DIRECTORS

Jason Bram.....President and Development Officer
 Brad Compere.....Vice President
 Russ HodesTreasurer
 Chris Poynor.....Secretary
 Joel Pace.....Development Officer
 Rob Johnson Board Member
 Brad Compere..... Board Member
 Steve Urban..... Board Member
 Contact the board atdirectors@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 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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MARY KAY

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.

Principal and interest payments on a 30-year fixed rate loan in the amount of \$250,000		
Interest Rate	Monthly Payment	Interest Paid Over First 10 Yrs
4.5%	\$1,266.71	\$102,228
5.5%	\$1,419.47	\$126,689
6.5%	\$1,580.17	\$151,562

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ADVERTISING

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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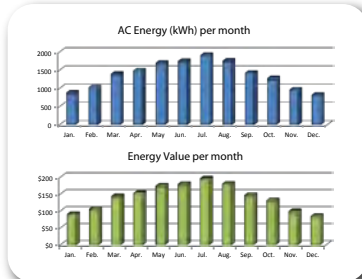
What will it look like?

Can my HOA limit my choices?



How much energy can I produce?

What could my monthly savings be?



Estimated Production		
Month	Solar Radiation (kWh/m ² /day)	AC Energy (kWh)
Jan.	3.05	873
Feb.	3.92	1022
Mar.	4.80	1391
Apr.	5.38	1481
May	6.03	1692
Jun.	6.58	1741
Jul.	7.06	1904
Aug.	6.45	1748
Sep.	5.38	1417
Oct.	4.55	1268
Nov.	3.49	956
Dec.	2.86	812
1st Year	2.86/avg.	16,305
25 Yr. Tot.		384,080

How much would it cost?

What rebates are available?

What is the payback and ROI?

PV System Production and Install Costs	
DC System Power Rating	5,180 Watts
Monthly average Kilowatt hours per year	361 kWh Hours
Kilowatt hours first year	4,734 kWh Hours
Line Item Description	Item Price
System Cost	\$20,318.31
Solar Panels - 240 watt panels	
Inverter(s)	
Other Equipment - Disconnects, Combiner Box, Wiring, etc.	
Labor, Permit, Inspection	
Federal Tax Credit	(\$3,280.29)
Local Rebate	(\$5,384)
Estimated Total Investment*	\$7,654.02



866-274-5578 • info@circularenergy.com • www.circularenergy.com

OCTOBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
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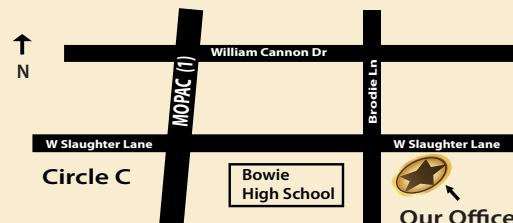
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HOA Manager Announcements:

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!

The Board of Directors is in the process of reviewing and adopting a Fine Policy that would allow the Association to fine for violations. The Association encourages each resident to voluntarily comply with all Deed Restrictions and to notify the Association immediately if they are unable to comply for any reason. The Association will make every attempt to work with the owner to bring their home into compliance. Please contact the HOA office at 288-8663 if you have any questions.

IMPROVEMENTS OR MODIFICATIONS REQUIRE APPROVAL: 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: Although we are in Stage 2 watering restrictions, now is a good time to remove any dead vegetation that you have; while it may leave a bare spot until the City allows new plantings, you can reduce the risk of fire around your home.

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. Per recent legislation passed, the HOA will be required to notify resident of board meetings via the HOA website and via email so now you have another reason to sign up!

(Continued on Page 8)

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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/>

WILDLIFE REMINDER

A resident recently captured two foxes in his backyard off of Escarpment and Back Bay after losing a cat. The wildlife in this area is coming closer to residential areas as they search for water and food. Please be sure to protect your pets by bringing them indoor at night. Also, do not store your pet's food and water outside.

NEIGHBORLY DEALS

The Circle C HOA has teamed up with Associations Marketing Group to offer a new service for our residents to find reputable locally owned family businesses that service our neighborhood. The next time you are in need of a business or service such as AC repair, pest management, dentist, beauty salon or veterinarian look no further than your trusted Circle C HOA website.

Not only will you find great businesses in our Directory but they all offer Neighborly Deals that are filled with coupons and discounts.

Another benefit is that 20 percent of the advertising revenue goes to the Circle C HOA to help maintain our parks and support community events.

Simply go to www.circlecranchinfo.com and click on the Neighborly Deals button at the bottom of the home page and you are in the directory.



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CIRCLE C SWIM CENTER UPDATE

Submitted by Ashley Gladden



POOL HOURS

The summer season has wound down and with that come lots of changes here at the Circle C Swim Center. With the beginning of the new school year, our fall hours are in full effect.

Monday-Friday:

6-10am: Lap Swim Only

3:30-8pm: Lap & Recreational Swim

Saturday:

7-10am: Lap Swim Only

10am-6pm: Lap & Recreational Swim

Sunday:

10am-6pm: Lap & Recreational Swim

With the colder season soon approaching, we will switch to winter hours on October 17, and they will be in effect until March 11, 2012.

Monday-Friday:

6-10am: Lap Swim Only

3:30-7pm: Lap Swim Only

Saturday:

8-11am: Lap Swim Only

Sunday: Closed

With the start of school, Bowie High School and St. Michael's High School are now having their swim team practices here at the Swim Center in the mornings. We understand that with this change, there will be less lanes available for residents, but please be assured that we always keep at least 3 to 4 lanes available for residents, meaning you may have to share a lane. For instructions on how to "circle swim," grab a flier on lap swimming etiquette at the front desk next time you are here. You can check the lane usage at the Swim Center on our online calendar, calendar.ccs swim.net. Also check out the poster in the front desk for daily updates on lane usage. Thanks in advance for your cooperation and understanding.

FAMILY CARNIVAL

Thanks to everyone who came out to our Family Carnival Day that we hosted at the Swim Center in August. We had so much fun playing games, listening to music, and having a pie eating competition. We'd love to hear your suggestions on what you liked, what you didn't like, and what we can do in the future to make it even better for next summer. Email your comments to customerservice@ccswim.net.



Trevor VanOsselaer from the Circle C Cafe after getting dunked in the dunk tank.



That's a whole lot of pudding pie...looks like they're starting to slow down.

(Continued on Page 10)

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CCHOA News

Circle C Swim Update- (Continued from Page 9)

CIRCLE C SELECT SWIM TEAM

The short course for our Circle C Select Swim Team started back up in August, and things are really going great. Coach Hayley and the kids are off to a great season and having a blast along the way. We'd like to send out very special birthday wishes to all of the following Select swimmers: Talia Fierro (Aug 5), Eugene Vlassova (Aug 8), Alex D' Amico (Aug 10), Elizabeth Hammel (Aug 13), Derian Golden (Aug 19), Allen Li (Aug 20), Kelinda Shen (Aug 21), Wesley Wasserburger (Aug 23), Riley Syzdek (Aug 23), Abby Criswell (Aug 31), Ellie Yellitz (Sept 2), Aidan Mitchelson (Sept 3), Truman Matheny (Sept 8), Junin Ko (Sept 10), Skye Slaughter (Sept 14), Piper D' Amico (Sept 17), Charlotte Reed (Sept 17), Hailey Broeker (Sept 18), Mica Mangibin (Sept 20), Reed Syzdek (Sept 21), Andrew Duke (Sept 25), Katie Lynch (Sept 26), Zoe Bihan (Oct 14), Emma Van Eenoo (Oct 14), Yash Vagal (Oct 16), Grace Foulkrod (Oct 23), Isaac Van Eenoo (Oct 24), and Carson Powers (Oct 25).

We'd also like to congratulate the Select August Swimmers of the Month. From the white team, James Zhao was awarded for being the most improved and always staying positive. From the silver group, Eugene Vlassova was awarded for having great attendance, staying positive, and being attentive. From the black and diamond groups, Liliana DeBonis was awarded for her great attendance and hard work on a daily basis. She had a major attitude change which made it possible for her to move to the black diamond level. Way to go swimmers! Keep up all the great work!

POOL MEMBERSHIPS

Lastly, we just wanted to send you a friendly reminder about your pool ID's. With the summer long and gone, many of you are storing away your pool bags for the winter. don't forget to remember where you leave your pool ID's. Since the ID's are good season to season, you'll need to hang on to them for next summer. If you lose your ID, we can replace it for you at the front desk for a \$3 replacement fee.

PERSONAL CLASSIFIED

FOR SALE: Bathroom Scale by Brookstone. Mechanical step-on scale 320 pound capacity. Made in Germany by Seca. \$15. 913-8397

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. Sales Office at 512-263-9181 or advertising@PEELinc.com.

Oak Hill United Methodist Church

TENT REVIVAL

Spring Branch, Texas

Tent Revival is a time for worship, confession, revival, renewal and fellowship for youth. It's open to any student from 6th to 12th grade of any church or denomination.

It's for all who want to come and see that the Lord is good. Go to reachingyouth.org for more info.

We'll meet at 11a.m. Saturday, October 15th at Oak Hill UMC to leave, and return around 1:30 Sunday afternoon. Registration deadline is October 8!

FALL FESTIVAL

Treat your little ghosts and goblins to some family fun! Trick-or-Treating, Face Painting, Bouncing, Games, Great Food & Music, Pumpkins and more!

COME IN COSTUME!

Saturday, October 22, 4 - 7p.m.



Join us **SUNDAYS** for
Vibrant Worship with Inspiring Music
and a Positive Message

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 or call 288-3836 for more information.

8:45 A.M. Blended Worship Service
10 A.M. Pathways Contemporary Praise Worship Service
11:15 A.M. Traditional Worship Service

Pinch for a second, **PeACE** for a season.



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Park West HOA News

Park West HOA News (Specifically for Park West Residents)

Submitted by Dorian de Wind

PARK WEST HOA NEWS

Starting with this issue, Jackie Rollins is handing over the baton---or rather, the quill---for the Park West column to Dorian de Wind. Jackie has been a steady and excellent editor for the column for approximately 40 issues, has kept the Park West community well informed and has helped shine a very favorable light on Park West.

We thank Jackie for this accomplishment as well as for all her other many contributions to the Park West community.

LANDSCAPER NEWS

The drought persisted through the month of August with no rainfall and continues in September. The number of sprinkler checks was at an all time high as residents with visibly insufficient watering practices were asked by the landscaper liaison to have us check their systems. A number of residents who had a

sprinkler check early on in the year requested a second check and it was done for free. The total number of irrigation checks has exceeded 150.

Pearson Landscape is donating five of its workers for half a day to clear brush from the parkland in support of the community's involvement in the Firewise program. Fall fertilizer and pre-emergent weed treatment will be spread as soon as we get one or two inches of rain. Holding back on the fertilizer will decrease the likelihood of stressing the turf as a result of the ongoing drought and the implementation of City of Austin Stage 2 water restrictions which went into effect on September 6.

With the restrictions, residents may only water once a week and are advised by Pearson Landscape to increase the time that they water on their day by dividing the watering time

into two run times, such as one at 12:01 a.m. and again at 5 am in order to deep soak the lawns without run-off into the streets. The cooler temperatures that are moving into the area as of this writing will greatly improve this situation. Thank you.

Scott Smith, Pearson Landscape Service



Park West's "FireWise" work at the West Mail Center

(Continued on Page 13)



Pearson Landscape Services

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WHAT STAGE 2 WATERING RESTRICTIONS MEAN TO YOU ...

As mentioned above, starting Sept. 6, residents may only water with their automatic sprinkler system once a week. Homes with odd-numbered addresses water on Saturday; even-numbered on Sunday. Sprinklers can only operate before 10 a.m. on your watering day. Hose-end sprinklers can be used before 10 a.m. and after 7 p.m. Hand watering can be done at any time on any day of the week. For more details visit www.ci.austin.tx.us/water/conservation.

ABOUT MISSTHEA AND SIR GALAHEARD ...

As many Park West residents are aware of, our good friends Charlie and Thea Heard have moved to Longhorn Village, a beautiful retirement community located in Steiner Ranch near gorgeous Lake Travis.

The Heards decided on the move after Thea---Charlie calls her "Miss Thea"---suffered a fall and was briefly hospitalized as a result.

We recently received an e-mail from "Sir Galaheard," as Charlie refers to himself in the correspondence, explaining the circumstances and expressing his and Thea's love for their relatives and close friends---many here at Park West---and thanking them "for the memories."

With Charlie's permission, I would like to share his touching correspondence with all at Park West:

"I have been painfully aware of a deficiency on my part to update most people who have been a major part of our life---an update about the travails of Miss Thea and her consort Sir Galaheard. I'm sure you know about her fall but I will include a brief summary.

On a normal summer day, a Thursday in late July (I think) she fell from a small step stool and landed in a rather awkward position on the tiled living room floor. I was in my office, sans hearing aids, when I finally became aware of a strange sound coming from somewhere near the living room. A quick search resulted in my finding her on floor. I called a few neighbors who unanimously opted to call 911. The response was quick and she was driven to Seton SW medical center where a series of x-rays and other tests were conducted and then she was transferred to Brackenridge where another series of tests were conducted. Her wrist was broken, which was put together with a few pins. The most serious injuries were fractures of the lower back and to the left side of her face. These, primarily, require time for healing.

(Continued on Page 14)

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- Cherry Creek on Brodie Lane
- Circle C Ranch
- Courtyard
- Davenport Ranch
- Forest Creek
- Hidden Glen
- Highland Park West Balcones
- Highpointe
- Hunter's Chase
- Jester Estates
- Lakeline Ranch
- Lakeway
- Lakewood
- Laurel Oaks NA
- Legend Oaks II
- Long Canyon
- Lost Creek
- Mayfield Ranch
- Meadows of Bushy Creek
- Pemberton Heights
- Plum Creek
- Ranch at Brushy Creek
- River Place
- Round Rock Ranch
- Sendera
- Shady Hollow
- Sonoma
- Steiner Ranch
- Stone Canyon
- Teravista
- Travis Country West
- Twin Creeks
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- Westside at Buttercup Creek
- Wood Glen

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PEEL, INC.
community newsletters



Park West HOA News

Park West HOA News- (Continued from Page 13)

After almost a week at Brackenridge, she was transferred to St. David for therapy and then, after about 10 days was transferred to the skilled nursing section of Longhorn Village. Sometime during this period of time, and after a fairly extensive review, we bought an apartment at Longhorn Village and now are in the process of moving (and discarding) and putting our house up for sale. I think or rather hope that Miss Thea will be able to transfer in about 2 weeks.

Prior to this, I had been diagnosed with macular degeneration. This, with an accompanying promise not to drive, was another factor in moving to a setting such as this. It's a long ride to Austin.

Our most valued connections will be beyond reach on anything approaching a steady basis. Memories are what remain and that's what makes it bearable. I can now hear a refrain from that old song "Thanks for the Memories." Take care. Take care of each other. Our love to all.

Miss Thea and Charlie"

I know I speak for everyone at Park West whose lives have been touched one way or another by the love and friendship of Sir Galaheard and Miss Thea when I say we love you guys, please take care and save a few cups of coffee or tea for all those who will not forget you and will want to visit you as soon as you are able to put up with the Park West Rebel Rousers. God Bless.

OF CASTLES, DINNER CRUISES AND TENNIS....

Submitted by Jacqueline Davis. Edited by Dorian de Wind

One of our neighbors, Dr. Jacqueline Davis---an avid tennis player and culinary fan---recently traveled to the Czech Republic to attend a medical conference and to participate in a tennis tournament.

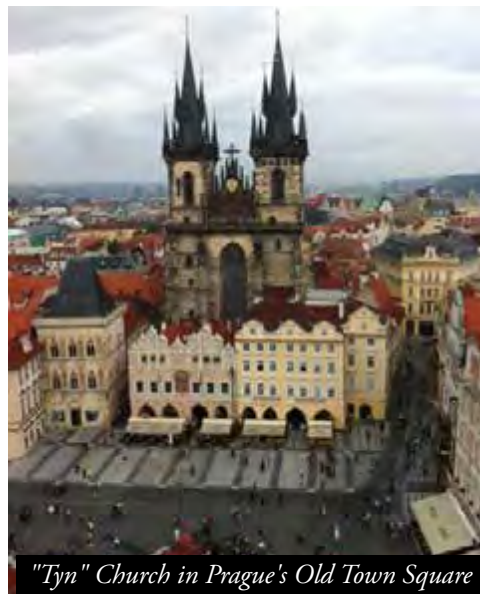
Jacqui who works at the Veterans outpatient clinic in Austin, kept her friends informed of her experiences and adventures.

And indeed, Jacqui had some very interesting culinary and cultural experiences while visiting and marveling at the centuries-old palaces, cathedrals, galleries and museums that make Prague such a fascinating, historical city.

With Jacqui's permission, I would like to share some of her experiences.

Starting her first e-mail with the words, "The adventure has begun," Jacqui tells us of her "no pain" flights from Austin, via Dallas and London to the capital of the Czech Republic, Prague, interrupted only by an occasional glass of champagne and some great snacks, including the chance to eat "kippers" at the British Airways Club in London.

After arriving at the Prague airport and experiencing the challenges of exchanging dollars for what she thought were Euros, but turned out to be korunas (Czech crowns), Jacqui has her first adventure with a Czech taxi driver:



"Taxi drivers in the Caribbean drive like old ladies compared to this man, especially when we arrived in the city on the narrow cobblestone roads which predated the automobile. Although I was wearing a seatbelt, I felt the need to hold on tightly. He finally arrived at a square, and informed me that the hotel was situated across the square."

Taxis are not permitted to enter the square, so with the driver carrying and dragging her luggage across the square and Jacqui following closely behind, they finally reach the hotel, but not before Jacqui catches the whiff of delicious cooking in the square: "I wanted to stop and sample it. I thought I had better keep up with the unpaid taxi driver and my luggage."

(Continued on Page 16)



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Park West HOA News

Park West HOA News- (Continued from Page 14)

After settling in her hotel, fighting jet lag---it is 4 PM--- Jacqui does what any savvy tourist would do: take a long walk, eat some, drink some and eat some more before finally giving in to invincible sleep.

Waking up at 2 PM on Monday afternoon, Jacqui goes out for lunch and for some preliminary exploration of Prague.

What better way to see Prague than from the Vltava river, at night, especially if the cruise is a dinner cruise---even though Jacqui's program already calls for a dinner cruise in a couple of days.

During the tour Jacqui orders a chardonnay, only to be told by the bartender, "No. Only Czech wine." So "Czech wine it was. Not bad."

On Tuesday, Jacqui and her friend roam the streets of Old Prague or "Old Town" (Stare Mesto) and then take a bus tour through the rest of the city that spreads over both banks of the beautiful Vltava river and consists of six distinct and distinctive districts.

Prague, or Praha, has been a cultural and economic center of Central Europe for over one thousand years and boasts more than ten excellent museums and numerous other cultural and historical attractions.

At night they attend one of those attractions, a symphony with music from Mozart, Johann Pachelbel and Vivaldi---but only after a delicious trout dinner.

On Wednesday, more tours of beautiful Prague and, in the evening, you guessed it, a medieval dinner:

"I had imagined tearing pieces of meat apart with fingers and throwing bones on the floor. It was a pleasant surprise to see plates, knives, forks and napkins. Only the bread was torn apart. After appetizers, we had the choice of chicken with duck or "pork knees". I chose the pork knees. Turned out it was a giant pork hock. Quite tasty after trimming off the fat. Being from Texas, I could not resist eating some of the skin. The pork knee was not fried, therefore the skin was not crispy. It was still good. There was the usual medieval entertainment which involved partially clothed men and women - the belly dancers and fighters as well as bagpipe music."

The next day, it is now Thursday, a drive out of town to visit one of Charles IV's castles, built during an era when Prague flourished under his 14th century reign. To get to the castle, however, Jacqui and friends have to walk 6 km. uphill, a climb that makes Jacqui and her friends very thirsty and which can only be quelled by some good Czech beer. It is worth noting here that the Czech Republic is the No. 1 beer-drinking nation on the planet and that the original "Pilsner" beer comes from Pilsen in the Czech Republic.

After lunch, consisting of salad, gnocchi, sauerkraut, onions and bacon, it is time for a quick nap and then off to get ready for... another dinner cruise

Jacqui: *"I had mixed feelings about attending. I was still sleepy and tired but I was also hungry... It was a beautiful evening. The sun was*

(Continued on Page 17)



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Park West HOA News- (Continued from Page 16)

still shining and it was warm. The boat was twice the size as the one we had taken on Monday night. We elected to sit on the upper deck in the open air. We again had welcome drinks. The tour guide was an extremely pleasant and knowledgeable older man. ... The meal was a lot better than on Monday night. Greater variety and several dishes from which to choose. Betty and I shared a bottle of wine. Life was good. I had made the right decision. This was a good cruise."

More of Jacqui's Czech adventures in the next newsletter.

UNTIL NEXT TIME

Although Jackie is no longer preparing this column, her words remain pertinent: "This is your column and your input is important. Without it, there wouldn't be a column." So, please contact her replacement, Dorian de Wind at ddewind@austin.rr.com with your suggestions and items of interest.

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Clubs & Announcements

Circle C Tennis News

*Provided by Fernando Velasco,
General Manager and Director of Tennis, Circle C Tennis Club*

HEALTH BENEFITS OF PLAYING TENNIS

If you have been watching the US Open Tennis Championships held in New York in September, and you are encouraged to start playing tennis or to get back into playing tennis, here are some health benefits in addition to learning the play a sport that you and your family can enjoy.

Many studies have been made about the benefits of playing tennis. Among some of those studies found by the USPTA and the USTA are:

- Tennis provides us with aerobic and anaerobic fitness since you are running for balls and still having a chance to rest between points, games and sets.
- The game of tennis also helps you to develop strong leg muscles as you are sprinting, stopping and jumping for balls all over the court.
- As players develop a full game, they also will improve their overall body muscles. Shoulders and arms are used for serving and for hitting strokes.
- As competition gets tougher, you also improve your speed, since good opponents will force you to run from side to side on the court.
- By stretching properly before each match, you would also improve your flexibility and balance since your body has to adjust to the different types of balls coming at you.
- By playing singles and doubles, you can burn calories better than many other exercises. Depending on your weight, you can burn anywhere from 400 to 700 calories in one hour. In clinics and group lessons this number would be greater.

Give it a try and use the fall season to begin playing the "sport of a lifetime." Contact your local tennis club or Park District and start using your present skills to play tennis.

TENNIS PRO TIP

The Serve in tennis is the MOST important shot in tennis. Most players have trouble with tossing the ball. Here is a tip that will help you get consistency, control and power:

When serving, make sure that your tossing arm is straight and high. Do not use your fingers, wrist or elbow to "throw" the ball into the air. The toss should be high enough to give you time to the racket to build speed by bending the elbow and releasing the arm in front. Most players will slow down on the toss, and speed up when hitting the ball.



Make sure that once the point of contact is made, that you finish the follow through around the opposite side of your body. This will give you both power and control, and will get you ready to hit the ball coming back to you (if not an ace...)



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Race for the Cure in CIRCLE C!

The MOMS Club of Austin/Circle C-NW will be running/walking a 5K course in Circle C on November 13th at the same time as the official event held downtown. We need YOU to join our team ("Circle C MOMS Club") and/or make a donation to the Susan B. Komen Foundation. Proceeds help raise awareness and funds to support breast cancer education, screening and treatment. To get involved or for more information, please email awhiteis@gmail.com.

South Austin Mystery Book Club

Submitted by David Schieck, a resident of Circle C

If you love a good mystery story, come join us once a month at the South Austin Mystery Book Club. We meet on the third Tuesday of each month, at 7:30 pm, at the Sunset Valley Barnes & Noble on Brodie Ln.

Our October 18th book selection is *Man From Beijing*, by Henning Mankell and our November 15th book is *Sister*, by Rosamund Lupton.

CarFit Event For Senior Drivers

Submitted by Wendy Mayer

October 8, 2011

8:30am - 12:30pm

Reavis Rehab & Wellness Center

1250 South A.W. Grimes Blvd.

Round Rock, TX 78664

Phone: 512-381-1744

www.ReavisRehab.com

events@ReavisRehab.com

At a CarFit event, a team of trained technicians and health professionals work with senior drivers to ensure they "fit" their vehicle properly for maximum comfort and safety. Drivers can improve their safety by ensuring their cars are properly adjusted to meet their specific needs. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others. A CarFit check takes approximately 20 minutes to complete. Call 381-1744 today to sign up for this no cost CarFit event at Reavis Rehab & Wellness Center.



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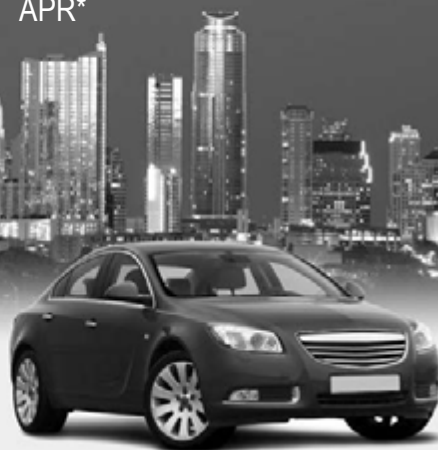
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Call John Squires for an easy appointment to provide you with a **free, no-obligation** market analysis on your valuable Circle C Ranch home. John offers move-up and move-down plans to fit your specific needs. We provide **FULL** marketing of your 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 tours.



UNIVERSITY OF TEXAS

Sep 3 Rise
Sep 10 BYU
Sep 17 at UCLA
Sep 24 Bye Week
Oct 1 at Iowa State
Oct 8 vs Oklahoma
Oct 15 Oklahoma State
Oct 22 Bye Week
Oct 29 Kansas
Nov 5 Texas Tech
Nov 12 at Missouri
Nov 19 Kansas State
Nov 24 at Texas A&M
Dec 2 at Baylor

TEXAS TECH

Sep 3 Texas State
Sep 10 Bye Week
Sep 17 at New Mexico
Sep 24 Nevada
Oct 1 at Kansas
Oct 8 Texas A&M
Oct 15 Kansas State
Oct 22 at Oklahoma
Oct 29 Iowa State
Nov 5 at Texas
Nov 12 Oklahoma State
Nov 19 at Missouri
Nov 26 at Baylor

*at" is played on neutral field

TEXAS A&M

Sep 4 SMU
Sep 10 Bye Week
Sep 17 Idaho
Sep 24 Oklahoma State
Oct 1 Arkansas
Oct 8 Texas Tech
Oct 15 Baylor
Oct 22 Iowa State
Oct 29 Missouri
Nov 5 at Oklahoma
Nov 12 at Kansas State
Nov 19 Kansas
Nov 24 Texas

BOWIE HIGH SCHOOL

8/26 Pflugerville
9/2 @Westwood (in RR)
9/9 @Hound Rock
9/15 Leander
9/23 @Waco Midway
9/30 OPEN
10/6 Del Valle
10/14 Akins
10/21 SF Austin
10/27 Anderson
11/4 @Westlake Westlake

DALLAS

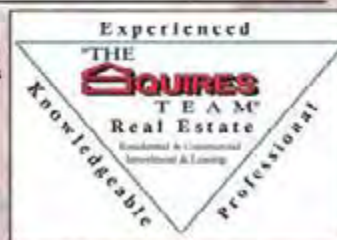
2011
REGULAR SEASON GAMES
Sep 11 at NY Jets
Sep 18 at San Francisco
Sep 25 Washington
Oct 2 Detroit
Oct 9 Bye Week
Oct 16 at New England
Oct 23 St. Louis
Oct 30 at Philadelphia
Nov 6 Seattle
Nov 13 Buffalo
Nov 20 at Washington
Nov 24 Miami
Dec 4 at Arizona
Dec 11 NY Giants
Dec 17 at Tampa Bay
Dec 24 Philadelphia
Jan 1 at NY Giants

2011 MONDAY NIGHT FOOTBALL

Sept. 12 Patriots at Miami Dolphins and Oakland Raiders at Denver Broncos
Sept. 19 St. Louis Rams at New York Giants
Sept. 26 Redskins at Dallas Cowboys
Oct. 3 Indianapolis Colts at Tampa Bay
Oct. 10 Chicago Bears at Detroit Lions
Oct. 17 Miami Dolphins at New York Jets
Oct. 24 Ravens at Jacksonville Jaguars
Oct. 31 San Diego Chargers at Kansas City
Nov. 7 Chicago Bears at Philadelphia
Nov. 14 Minnesota Vikings at Green Bay
Nov. 21 Kansas City Chiefs at New England
Nov. 28 New York Giants at New Orleans
Dec. 5 San Diego Chargers at Jacksonville
Dec. 12 St. Louis Rams at Seattle Seahawks
Dec. 19 Pittsburgh Steelers at San Francisco
Dec. 26 Atlanta Falcons at New Orleans

Please call John on his "sell phone" for a free, no obligation market analysis at **512-970-1970**.
CircleCRealtor.com
SquiresTeam.com

Please call me to list your valuable Circle C Ranch home!



1-story sales statistics for Circle C Ranch for August, 2011.

ACTIVE 2001 average year, 2394 sq. ft., \$131.02 per ft., \$311,455. list price, 75 days on market average.

PENDING 2002 average year, 2233 sq. ft., \$138.50 per ft., \$304,639. pending price, 37.5 days on market average.

SOLD 1998 average year, 2,081 sq. ft., \$133.95 per ft., \$270,373. list price and \$264,209. sold price, with 30 days on market.

The above statistics are just a rough idea of the market's current profile in Circle C Ranch. Each specific home in Circle C must have a detailed analysis performed, as many home's prices would far exceed the averages that are represented by this study. Call John for an accurate assessment.

2-story sales statistics for Circle C Ranch for August, 2011.

ACTIVE 2000 average year, 2,911 sq. ft., \$115.49 per ft., \$332,195., 71 days on market average.

PENDING 2000 average year, 3040 sq. ft., \$117 per ft., \$354,668. pending price, 63 days on market average.

SOLD 2001 average year, 3322 sq. ft., \$113.48 per ft., \$368,830. list price and \$359,787. sold price, with 81 days on market.

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



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



(512) 970-1970

Hey Circle C Ranch! In light of the tragic events with the Central Texas and Bastrop wildfires, the Squires Team along with Keller Williams Realty is putting together a drive for food (non-perishable) and any lightly worn clothing, especially coats, blankets, children's clothing, sleeping bags, sheet, blankets, etc. Absolutely anything you can spare will be hugely appreciated. We will come by with our trailer to your house and see that they are delivered to the proper outlets. The Squires Team also works with the Capitol Area Food Bank, Meals on Wheels, KW Cares and Mobile Loaves and Fishes. The local drop-off centers are located in Bastrop at the Convention Center and a local storage facility just off of Highway 71 near Bastrop. Other needed items are basic toiletries, shoes, toys and as many canned goods as you can possibly spare. We will drive out to Bastrop every other day or as needed responding to demand. Just give us a call at **(512) 970-1970 for the items to be collected and we will give you a time we can come to your house. You may place the items on your front porch or meet us when we're there. Everyone is trying to do their share to make this tragedy bearable as possible. Thank you so much!**

John Squires



Clubs & Announcements

EXTRA! EXTRA! READ ALL ABOUT IT!!!

Kiker's reading program has three big changes this year!

Kiker's reading program has changed names. Camp Read is now, Rocket Readers. Due to the importance of early reading intervention, we are so pleased to announce we will now be including *kindergartners into our program! Plus, we offer some new and exciting materials to support our youngest readers. Rocket Readers will continue working with our older students through 5th grade as well, so we expect a population boom when our program launches in October! It's easy and our schedule is flexible! We offer 30 minute time slots during school hours.

**Please note: Teachers and administrators refer students to Rocket Readers.*

WOULD YOU LIKE TO MAKE A DIFFERENCE IN THE LIFE OF A CHILD? VOLUNTEER FOR ROCKET READERS!

Rocket Readers is an award winning, Kiker administration approved, all volunteer group who works with children who need just a boost with their reading skills. We are celebrating our 15th year!

This program could not run without dedicated volunteers, so



please consider making a difference in a child's life by volunteering for Rocket Readers this year. We welcome parents, grandparents, neighbors, retired teachers, or anyone who loves to work with children.

Here is one of our Rocket Readers' success stories from the 2010-2011 school year: "I am so happy and grateful for another 'Rocket Readers Success Story!' One of my student's accuracy and fluency SKYROCKETED from a DRA score of 20 to a 40! I attribute this progress to thoughtful teaching, one on one attention, and all that is offered by the volunteers. This simply moves mountains!"

— Second Grade Kiker Teacher

For more information about our program, log onto: <http://www.kikerPTA.org> (volunteer tab). If you're interested in volunteering, please e-mail one of the Rocket Readers' coordinators.

ROCKET READERS' LEAD COORDINATORS FOR 2011-12 ARE:

Christie Whittington: 301-0930 - christie@whitting.org

Stacia Winkle: 433-6666 - WinkleFamily2002@austin.rr.com



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OCTOBER EVENTS at the Wildflower Center

FALL PLANT SALE GARDENING FESTIVAL

Members Sale, 1 to 7 p.m. Friday, October 14
Public Sale, 9 a.m. to 5 p.m. Saturday, October 15,
and Sunday, October 16



If this all-time record-breaking hot summer fried your garden, help is at hand. Choose from nearly 300 species of hardy native plants. On Saturday from 1 to 4 p.m. Travis County Master Gardeners introduce their new book on drought-resistant gardens.

SIGN UP FOR FLORA & FAUNA OF CENTRAL TEXAS *Starts October 22*

A new course includes field-based botany and a study of local ecology, geology, birds, mammals, reptiles, amphibians and insects. Information at www.wildflower.org

GOBLINS IN THE GARDEN *4 to 7 p.m. Sunday, October 30*

Freaky fun for Halloween. Visit the Haunted Tower. Free treats at the store for kids under 12. Don't forget the costumes!

ART AT THE WILDFLOWER CENTER *Through December 4*

Damian Priour sculpture, "Around About Water" and Darwin Jones' abstract paintings, "Field Notes" are on display.

"THE UNEXPECTED SEASON" *October 4 through 9*

Texas Highways photos in the McDermott Learning Center

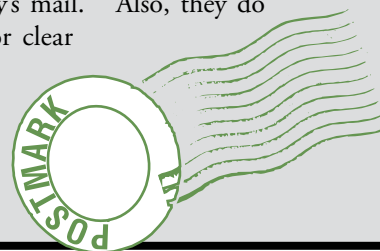
Neighborhood USPS Mail Sub Station

Did you know that we have a USPS Mail Sub Station close to our neighborhood where there are rarely lines and the service is courteous and efficient?

It's located in the Stor Self Storage facility across the street from the new Gorzycki Middle School on Slaughter Lane. The address is 7401 W. Slaughter Lane. They are open Monday – Friday, 9:00 a.m. to 6:00 p.m. and Saturday, 9:00 a.m. to 2:00 a.m. Pickup times are 4:00 p.m., Monday – Friday and 2:00 p.m. on Saturday.

They can handle any of your USPS shipping and mailing needs. Just a couple of things to note: If you haven't completed your transaction when the pickup is occurring, then your item will go out in the next day's mail. Also, they do not provide free priority or clear packing tape. They do sell it, however, or you can bring your own.

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Clubs & Announcements



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.



SUPERHERO:

(Left:) Piper D'Amico taking a mother daughter road trip to Marfa Texas, Santa Fe New Mexico, and Durango Colorado. Some adventures include showering outside, counting stars, watching sunsets, Museums, hiking, shopping, reading, and drawing. Happy 8th Birthday Piper...Love mom and dad...you are a REAL superhero!

(Above:) Piper D'Amico with the Wimpy Kids - What an event! Happy 8th Birthday Piper!

ASHLEY IS THE REAL ESTATE *expert* FOR CIRCLE C RANCH.

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Target Heart Rate Range for Cardiovascular Exercise: Do You Know Yours?

Submitted by Sarah Jordan, MS

Are you getting the most you can from your cardiovascular exercise program? Determining your target heart-rate range may help you see more results and become more aware of the intensity of exercise that you are completing.

I love to empower my clients by educating them on this personalized range. And even more so, I enjoy seeing their faces light up when they tell me about the results they are seeing because of their success in using it.

A FEW THINGS TO REMEMBER ABOUT CALCULATING TARGET HEART-RATE RANGE (THRR):

Always check with your doctor before starting or changing your exercise program.

- To best determine your fitness level and training zones, seek a fitness assessment from a certified professional personal trainer. Numbers provided here are just estimates.
- These estimates are for healthy individuals. Remember that conditions like pregnancy, health issues, and some medications can affect your heart rate.
- There are times when your mid-exercise heart rate will be below or above your target heart rate range, and that is okay.



But use the THRR as a goal to work within most of the time.

- A good estimate of your maximum heart rate is $220 - \text{your age}$.

CALCULATING YOUR TARGET HEART-RATE RANGE:

Knowing how to take your pulse and find your heart rate during exercise can help you evaluate the effectiveness of your exercise program. Using the Karvonen formula, we can calculate target heart-rate range (THRR). We do the following to calculate our low and high end of our THRR:

- $220 - \text{age} - \text{resting heart rate} \times \text{low end of training zone} + \text{resting heart rate} = \text{_____}$ (low end of THRR)
- $220 - \text{age} - \text{resting heart rate} \times \text{high end of training zone} + \text{resting heart rate} = \text{_____}$ (high end of THRR)

STEP 1: Calculate your resting heart rate. The best time to do this is first thing in the morning before you get out of bed. Take a 60-second count, and write your resting heart rate value down.

STEP 2: Determine what training zone you will use based on your current level of fitness.

Estimates provided by www.acefitness.org: Low level of fitness: 45-55%; Fair level of fitness: 55-65%; Good level of fitness: 65-75%; Excellent / elite level of fitness: 75-85%. (These are just examples and can be changed to best fit your current level of fitness. For the most accurate calculation, get a fitness assessment.)

STEP 3: Calculate your target heart-rate range using the Karvonen formula.

STEP 4: Learn how to use this heart-rate range regularly in your cardiovascular workouts.

For example: A healthy 30-year old female with a good level of fitness and a resting heart

(Continued on Page 29)

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Target Heart Rate- (Continued from Page 28)

rate of 60 beats per minute and using a training zone of 60-80%:

$$220 - 30 - 60 \times .60 + 60 = 138 \text{ beats per minute}$$

$$220 - 30 - 60 \times .80 + 60 = 164 \text{ beats per minute}$$

Using this calculation, her target heart-rate range is 138 – 164 beats per minute.

So the question is, “Now that I know my target heart-rate range, how do I actually apply that to my workouts?” Follow these steps for success:

- Calculate your target heart-rate range and write it down where you can easily find it.
- Find a range that you can remember. For example: For the 30-year old female above, her range is 138-164 beats per minute. That is hard to remember mid-exercise, so she should do this:
 - Determine and remember the range you should find in a 6-second pulse count. (Ex: 13-17 beats in 6-second pulse count, as this would equal 130 – 170 beats in a minute, which aligns with her THRR.)
 - She takes her pulse (mid-exercise) for 6 seconds, and should get 13-17 beats.
- Practice and learn to take your pulse properly.
 - Taken from <http://my.clevelandclinic.org/heart/prevention/exercise/pulsethr.aspx>:

Place the tips of your index, second and third fingers on the palm side of your other wrist below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck on either side of your windpipe.

- Press lightly with your fingers until you feel the pulse beneath your fingers. You may need to move your fingers around slightly up or down until you feel the pulsing. If placing fingers on neck, be sure you don't press too hard.
- Use a watch with a second hand, or look at a clock with a second hand.

- Count your pulse for 6 seconds. Multiply this number by 10 (add a “0”) to get your heart rate (pulse) / beats per minute.
- Give yourself time to get comfortable using this method. It will pay off in the long run!

Everyone wants to find ways to make their fitness routines more efficient. It is my hope that using the target heart-rate range will be one way of doing just that.

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Submitted by Murray Chanow

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To find out more about Denver, Please contact Stephanie Berka, Wendy's Wonderful

Kids Recruiter, at the Adoption Coalition of Texas, (512) 301-2825 or stephanieberka@adopttexas.org. To learn more about the foster care adoption process, please call the Adoption Coalition of Texas at (512) 301-2825. Email info@adopttexas.org and visit our website at www.adoptioncoalitiontx.org.

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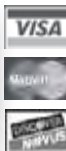
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For more information, contact the Master Gardeners Help Line at (512)854-9600. This seminar is presented by the Travis County Master Gardeners, a volunteer arm of the Texas AgriLife Extension Service in Travis County. www.tcmastergardeners.org

Food Addicts in Recovery Anonymous (FA)

Submitted by Anne Slater

Free yourself from food addiction and food obsession. Come to a community information meeting for anyone suffering from food obsession, overeating, under-eating and bulimia. Everyone is welcome to this free meeting, including those who think they may have a food problem or those who are concerned about someone who may.

**SATURDAY OCTOBER 15, 2011
9:00AM – 10:30AM
FREE AND OPEN TO THE PUBLIC**

www.foodaddicts.org
Tarrytown United Methodist Church
2601 Exposition Blvd, Austin.

Room 101 A/B. enter from side door on McCullough St.

ABOUT FOOD ADDICTS IN RECOVERY ANONYMOUS:

Food Addicts in Recovery Anonymous is a 12 Step fellowship based on the principles of Alcoholics Anonymous (AA). Many adult and teen members were overweight, some by as much as 200 pounds. Others were dangerously underweight or controlled their eating to the point of obsession through under-eating, bulimia or exercising. Today, many lead fulfilling lives without abusing food.



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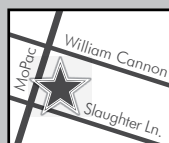
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Breast Cancer: **IMPORTANCE OF EARLY DETECTION**

Submitted by Lindsey Wright

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths.

Screening is vital because early stages of the disease are easier to treat. The American Cancer Society recommends women:

- Obtain yearly mammography screenings, beginning at age 40
- Obtain yearly clinical breast exams
- Check your breasts regularly for lumps
- Discuss their breast cancer risk with their physician



Breast cancer risk increases as we age. Other factors that increase a woman's risk for breast cancer include:

- Having started menstrual periods at a young age
- Having a first child after age 30
- Use of hormone replacement therapy
- Having a family history of breast cancer

Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

- A new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness, or warmth that does not go away
- Recurrent pain in a particular part of the breast
- Pulling in of the nipple
- Nipple discharge that starts suddenly in only one breast
- An itchy, sore, or scaly area on one nipple

For more information about breast cancer and early detection, contact your health care provider, your Concentra health specialist, visit the American Cancer Society Web Site at: www.cancer.org, or visit the National Breast Cancer Awareness Month Web site at: <http://nbcam.org/>



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Austin Newcomers Club **SEPTEMBER LUNCHEON**

Submitted by Renee Bazar

Austin Newcomers Club 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 where you can learn about the many varied Interest Groups.

DATE:

Wednesday, September 21, 2011

Reservations are required by September 15th

EMAIL:

LuncheonDirector@AustinNewcomers.com

or

contact Dotti Thoms, New Member Services
at (512) 314-5100.

VISIT OUR WEBSITE AT:

www.AustinNewcomers.com

This month's program is a performance/lecture-demonstration of two of India's classical dance

forms, Mohiniyattam & Bharatanatyam by Sarita Warriar and her daughter, Arati.

Dance is not just a series of steps to be performed mechanically but instead a quest to allow the ethos of the dance with its myriad facets to live within the dancer and to be expressed in all its movements, postures, facial expressions and hand gestures.

Bharatanatyam comes from the Sanskrit words bhāva (expression), rāga (melody), tāla (rhythm) and nāṭya (dance) and is expressed with the help of rhythm and lyrics. The meaning of the lyrics and the mood are expressed through body movements, elaborate hand gestures and facial expressions.

Mohiniyattam is a graceful dance meant to be performed as a solo recital by a woman. The term is a combination of the Sanskrit words mohini and attā and means 'fascinating woman with graceful movements.'

Circle C Area Democrats

Submitted by Bruce Owens

Circle C Area Democrats is a Democratic club and registered PAC that is committed to raising awareness and interest in issues of concern to the area and community. We meet at Santa Rita Tex-Mex Cantina in Escarpment Village on the second Monday each month at 6:30 P.M. Local elected officials, party representatives, and candidates for office frequently attend and are featured speakers. All Southwest Austin area residents are invited to join us.



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BRITT'S BOOK BUZZ: THE HUNGER GAMES

by Suzanne Collins

Remember the compelling and cult-following TV show, *Lost*? To me, *The Hunger Games* is the literary equivalent in that the writers creatively demonstrated survival and unity when faced with extremely harsh circumstances. The difference is that while *Lost* was the result of a plane crash on a strange island where anything could happen, *The Hunger Games* is ruled by the Capitol where young adults fight to the death as a form of entertainment for the government.

Set in the not so distant future, North America as we know it has been completely reorganized into separate districts (12 of them) all closely controlled by the militant, big brother, harsh "Capitol." These districts were formed when the Earth had become so violated environmentally and morally that war broke out. As a reminder to all of the segregated districts that rebellion is not tolerated, there is a yearly "Hunger Game"

where a male and female from each district aged 12-18 is chosen at random to fight each other to the death. There can only be one victor and everything is televised, complete with sponsors.

It is in district 12 that the heroine, Katniss Everdeen lives with her mother (a healer) and her younger sister. Her father was killed in a mining accident but left his oldest daughter with the gifts and talents of hunting, which is her family's key to survival.

When Katniss' sister is chosen as one of the "tributes" to fight in the hunger games, Katniss volunteers in her place. Her male counterpart, Peeta, is also chosen.

Their experience at the Capitol and the whole tradition around the hunger games is so intriguing and fascinating as are the people they encounter. However, it is the way the hunger games are so carefully and technologically orchestrated and Katniss'

amazing ingenuity and will to live and survive that kept me reading and enjoying the brutal, yet thoroughly entertaining book. At the time I am writing this review, I am already on the final book of the trilogy!

This book has it all -- a love triangle, a heroine, an underdog, fighting, mystery, science fiction--it is a reader's big Kit Kat bar!

Feel free to comment on this review, your thoughts on the book or suggest a book for me to review on my blog:

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Nature **PROPHETS & PHANTOMS** Watch

by Jim and Lynne Weber

While most think of fall as a time when nature is waning and lifecycles are nearing their end, some things are just beginning. This is the time of year when some of our most mysterious-looking insects, the praying mantids and the walking sticks, lay their eggs in anticipation of the next generation to hatch in the spring.

The scientific order for praying mantis (Mantodea) comes from the Greek meaning prophet, so named for its typical prayer-like stance. This term is often misspelled as 'preying mantis' since mantids are a predatory species. Several species exist in Texas, all of the genus Stagmomantis. Adult mantids are green to grayish brown, may reach 2 to 3 inches in length, and have well developed wings. They have two grasping, spiked forelegs in which prey are caught and held securely while eaten. Their hunting relies greatly on their vision, and they can rotate their head nearly 300 degrees. Consuming mostly insects, mantids are ambush predators that wait perfectly still until prey ambles near, and then strike with surprising quickness and agility.

Praying mantids are experts at concealment, using their protective coloration to blend in with or mimic foliage, better snare their

victims, and avoid predation themselves. They do show a rocking behavior in which the insect makes a rhythmic, repetitive, side-to-side movement. It is thought that this behavior may help them resemble vegetation blowing in the wind, but also allows them to discriminate objects from their background by their relative movement. As generally sedentary insects, this behavior most likely replaces flying or running as a way to determine relative objects in their visual field. When threatened they will stand tall, spread their forelegs, and fan their wings out wide to appear larger, and if further provoked will strike with their forelegs and attempt to pinch or bite.

In the fall after mating, female mantids lay between 10 and 400 eggs, depending on the species. The eggs are typically laid in a frothy mass on the underside of a leaf or on a twig, which hardens to a tan or gray foam-like material called an 'ootheca.' If this egg case survives the winter, the nymphs emerge in the spring with voracious appetites, often devouring each other in their race to become mature adults.

Members of the Phasmatodea order of insects are commonly

(Continued on Page 37)

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Nature Watch- (Continued from Page 36)
known as walking sticks, stick-bugs, ghost insects, leaf insects, and stick insects. This scientific name comes from the Greek 'phasma' which means apparition or phantom, and refers to many species closely resembling sticks and sometimes leaves. At 16 species, Texas walking stick diversity is second only to California. In fact, one species in Texas is the Giant Walkingstick (*Megaphasma dentricus*), which is the longest insect in the United States and grows to almost 7 inches!

Our most frequently seen phasmid is the Common or Northern Walking Stick (*Diapheromera femorata*). Adult males can be 3 inches long and are mostly brown, while females are larger at 4 inches and more of a greenish-brown. Their long, thread-like antennae are about two-thirds the size of their body. As part of their natural camouflage, their bodies are often further modified to include ridges resembling leaf veins and bark or bud-like tubercles, making them very

difficult to spot. They are wingless, molt several times and may eat their shed skin as they grow to adult size.

Phasmids feed mostly on the leaves of trees and shrubs, and often exhibit the same rhythmic movement as mantids, presumably to blend in to their surroundings and as protection from predators. At this time of year, the females lay anywhere from 100 to 1200 eggs individually, sticking them to vegetation or simply depositing them on the ground. These eggs resemble tiny plant seeds and remain dormant until spring.

While no doubt strange-looking and mysterious, mantids and phasmids are harmless to humans and beneficial components to keeping balance in our natural landscape.

*Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, look for our book, *Nature Watch Austin*, published by Texas A&M University Press.*



*Praying Mantis
(Stagmomantis sp.)*



*Common or Northern Walking Stick
(Diapheromera femorata)*



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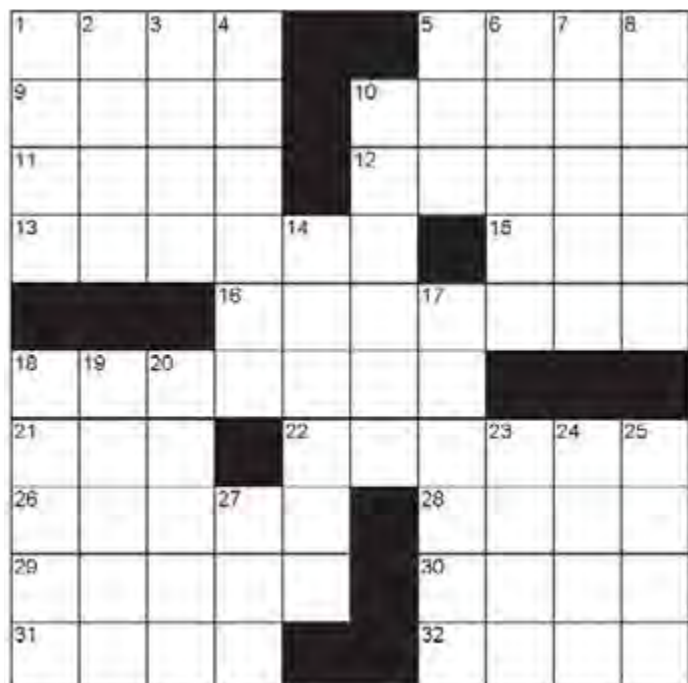
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ACROSS

1. Southwest by south
5. Prophet who built the arc
9. In ___ of
10. Short poem
11. Iraq's neighbor
12. More able
13. System
15. Conger
16. Avows
18. Angora (2 wds.)
21. Finale
22. Growls
26. Do penitence
28. Has 4 identical siblings
29. Automaton
30. Ancient Indian
31. Espy
32. Tier

DOWN

1. Skinny
2. Flexible metal thread
3. Lick
4. Sunbonnet
5. Catch
6. Cargo ship
7. BB Player Abdul Jabar
8. Throws violently
10. Played (2 wds.)
14. Counterbalance
17. Iranian's neighbors
18. What you shift
19. Upon (2 wds.)
20. Philippine dish with marinated chicken or pork
23. Peewee
24. Aphids
25. Fasten
27. Negative

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