



# CIRCLE C RANCH

The Official Publication of the  
Circle C Homeowner's Association

## Newsletter

Volume 8, Number 11

November 2011

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



### Circle C Community Center & Pool Update

As can be seen from the photo above, we continue to see great progress on the new Community Center Building and Pool project at the corner of La Crosse and Spruce Canyon. We currently anticipate a December completion date. We will be working towards publishing information on the Community Center rental policies in the next few months – if you have a question or idea you would like to share, please contact us at [info@circlecranch.info](mailto:info@circlecranch.info). If you have any questions or concerns, please contact the HOA office at 288-8663 or [info@circlecranch.info](mailto:info@circlecranch.info).



### Deed Restriction Notices to be mailed on Front Yard Maintenance

Although we realize that we are currently in stage 2 watering restrictions with the City of Austin, the majority of owners have been able to keep their front yard landscape alive. For those who have not, we will be sending an official deed restriction violation notice over the next few weeks. Our goal is to work with each individual owner on a compliance plan which will include 1) removing all dead landscaping such as trees, bushes and plants, 2) working with the Architectural Control Committee on a new landscape replacement plan (which will not be required during stage 2 watering restrictions and/or when the weather is not conducive to new plantings. Many residents are considering a transition from a traditional landscape palette to a native palette. The Architectural Control Committee is revising their current guidelines to encompass a more detailed approach to converting to a native palette. REMEMBER: tree removal of any tree over 9" caliper and installing a new landscape design does require the approval of the Architectural Control Committee, so please see the website ([www.circlecranch.info](http://www.circlecranch.info)) for more information on submitting those plans.

We will publish the new ACC guidelines on the website and via the newsletter when they become available. If you have any questions about your front yard landscape, please call us at 288-8663.

### Mail Center Trash Cans to be Relocated

Circle C has over 24 mail centers throughout the neighborhood. Twelve of the original mail centers that service a large number of homeowners have trash cans located onsite. We have received many communications from owners regarding these trash cans and their use for junk mail. The major concerns with this practice is not recycling the junk mail and also with the easy access to personal homeowner information. The HOA installed recycling containers at the main mail center (in the Swim Center Plaza) this past year to observe whether owners would utilize the recycling container for junk mail and the trash can for all other trash. After a period of about 8 months, we observed that there was a lot of junk mail still placed in the trash cans and there was non-paper trash placed in the recycling bins. Therefore, the HOA has elected to remove these trash cans from the mail centers and relocate on HOA common areas (i.e. main boulevards and park areas). This transition will occur by the end of the year. We encourage all homeowners to take their junk mail home, shred and then recycle.



### IMPORTANT DATES

**November 30, 2011**

Board Meeting at 6:30pm at the CDC.

**December 3, 2011**

Circle C Annual Family Holiday Event  
10:00am-12:20pm at the CDC.

**December 16-18, 2011**

Circle C Holiday Lighting Contest

## CCHOA NUMBERS

HOA Mgmt Office ..... [info@circlecranch.info](mailto:info@circlecranch.info) or 288-8663  
 HOA Financial Office ..... 451-9901  
 Aquatics Director ..... 288-4239  
 Newsletter Publisher  
 Peel, Inc. Sales Office. .... 512-263-9181  
 Advertising.....[advertising@PEELinc.com](mailto:advertising@PEELinc.com), 512-263-9181

### Circle C Amenities

Circle C Café ..... 288-6058  
 Circle C CDC..... 288-9792  
 Circle C Swim Center ..... 288-6057  
 Circle C Tennis Club General@CircleCTennis.com, 301-8685

### Sub Association Info:

KB Enclave and Fairway Estates HOA  
 Karen Hibpshman, CMCA, Manager ..... 347-2891  
 Parkwest HOA  
 Goodwin Management ..... 502-7509  
 Streetman Enclave HOA  
 Rosalind Peterson..... 441-1041  
 Muirfield HOA  
 Sara Huff ..... 306-9352

## BOARD OF DIRECTORS

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 Russ Hodes ..... Treasurer  
 Chris Poynor..... Secretary  
 Joel Pace..... Development Officer  
 Rob Johnson ..... Board Member  
 Brad Compere..... Board Member  
 Steve Urban..... Board Member  
 Contact the board at ..... [directors@circlecranch.info](mailto:directors@circlecranch.info)

## IMPORTANT NUMBERS

City of Austin Solid Waste ..... 974-1945  
 Dead Animal Collection..... 974-2000  
 Abandoned Vehicle..... 974-8119  
 Pothole Complaints..... 974-8750  
 Stop Signs ..... 457-4885  
 Street Light Outage ..... 311  
 Schools  
 Clayton Elementary ..... 841-9200  
 Kiker Elementary ..... 414-2584  
 Gorzycki Middle School..... 841-8600  
 Small Middle School ..... 841-6700  
 Bowie High School ..... 414-5247  
 SAYSA..... 899-1049

## ARTICLE INFO

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

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

## ADVERTISING INFO

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

## MISSION STATEMENT

### Peel, Inc. Community Newsletters

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

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## Information

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## CLASSIFIED ADS

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

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

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*Circle C HOA*

# *Holiday Party*

*Saturday, December 3<sup>rd</sup>*

*10am to 12:30pm*

*Circle C Child Development Center*

*Breakfast Tacos, Coffee Bar*

*Games \* Face Painting \* Bouncy Slide*

*Arts & Crafts \* Petting Zoo \* Pony Rides*

*Please bring one unwrapped NEW toy for  
donation to the Adoption Coalition of Texas.*

## CCHOA Announcements

*Submitted by Denise Nordstrom, CCHOA Mgr.*

### SAVE THE DATE!

**Circle C Annual Holiday Family Event**  
will be held on **Saturday, December 3rd,**  
**10am to 12:30pm** at the **Circle C**  
**Child Development Center.**

Enjoy pictures with Santa, crafts, games, rides and more! Admission is ONE Unwrapped NEW toy for donation to the Adoption Coalition of Texas. For more information, email [info@circlecranch.info](mailto:info@circlecranch.info)

Sarah Jordan, Circle C resident and owner of Miles of Smiles Photography, will be providing FREE portraits of children with Santa from 10-11:30am at the Circle C Holiday Party on Saturday, December 3rd. Portraits will be available for free download on her web site from December 11-25. Looking forward to seeing Santa and all of the sweet smiles!

[www.milesofsmilesphotography.com](http://www.milesofsmilesphotography.com)

### DEED RESTRICTION REMINDERS

The HOA will be sending a deed restriction violation notice to each owner who has dead landscape over the next few weeks. We encourage you to contact us at 288-8663 so we can discuss a compliance plan to include removal of dead vegetation; a plan for re-planting especially for a conversion to a native landscape palette and a timeline (to coincide with Austin watering restrictions and the weather). **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.

If you receive a letter from the HOA regarding an alleged violation, please call us. The HOA is required by state law to notify owners in writing via certified mail and allow for the homeowner to request a hearing before the board of directors. We would like to work with you to bring your home into compliance. If you would like to report a violation, you can do so via our website at [www.circlecranch.info](http://www.circlecranch.info).

*(Continued on Page 7)*

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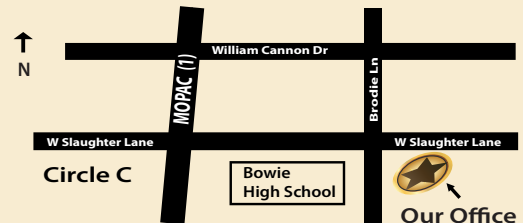
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### TIP OF THE MONTH:

Holiday Decorations should comply with the schedule listed in the Declaration of Covenants, Conditions and Restrictions – turn on your lights beginning on Thanksgiving and be sure to have all decorations, including lights, down by January 15, 2012.

### 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](http://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! *Central Texas, you can visit <http://www.rmhc-austin.org/>*

### CCHOA HOLIDAY CLOSURES

The CCHOA Office will be closed on:

- November 24 and 25 in observance of Thanksgiving Holiday.
- December 21-23 in observance of the Christmas Holiday.
- January 2, 2012 in observance of New Year's Day.

The CCHOA Swim Center will be closed on:

- November 23-26 in observance of the Thanksgiving Holiday.
- December 24-31 in observance of the Christmas Holiday.
- The Swim Center will be open limited hours, 8am to 11am ONLY on December 21-23.

### NEW FRONT YARD

### LANDSCAPE DESIGN GUIDELINES

### ARCHITECTURAL CONTROL COMMITTEE

The CCHOA Architectural Control Committee has set revised design guidelines for front yards. Many of the homes in Circle C have suffered during the drought, and the new guidelines are intended to encourage solutions for attractive front yards that can be maintained during periods of drought. The guidelines include solutions and suggestions for:

- 1) *the proper way to set up a native landscape for the front yard*
- 2) *turf that will survive a drought*
- 3) *utilization of drip irrigation*
- 4) *what to do with the side strip between the curb and sidewalk*

If you are thinking of re-doing your front yard and diverging from the original landscape, it is allowed and encouraged. You must submit a plan to the Architectural Control Committee. For full details, please visit the Circle C HOA website at [www.circlecranch.info](http://www.circlecranch.info)

### TURN BACK THE CLOCK

*Daylight Savings Time ends Sunday November 6th*

*Turn your clocks back one hour when you go to bed on Saturday night November 5th.*



### SPEED LIMIT REMINDER

Our District Representative with the Austin Police Department has ask us to remind our residents that the speed limit on Spruce Canyon is 30 miles per hour. He has issued many tickets to drivers traveling well over 40 mph and with some approaching 50 and even 60 mph. He also asked us to reminder all drivers of the Texas Transportation Code which states that the speed limit on all urban streets, if not otherwise posted, is 30 miles per hour. FYI, when you were preparing for your driver's test, this was in the Texas Driver's Handbook.

### 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/>





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## CIRCLE C SWIM CENTER UPDATE

*Submitted by Ashley Gladden*



### Circle C Select Swim Team

#### ROUND ROCK SEPTEMBER MEET

We wanted to congratulate our wonderful Circle C Select Swim Team for doing such an amazing job at their Round Rock meet in September. They represented Circle C well, and we are so proud of all of them! *Here's a breakdown of the meet:*

On Friday, there were no missed events and no disqualifications. There were 18 swims, 17 best times, and 15 National Motivational Times. The swimmers dropped a total of 71.86 seconds!

On Saturday morning, there were no missed events. There were 133 swims, 117 best times, and 37 National Motivational Times. The swimmers dropped a total of 266.6 seconds!

On Saturday evening, there were no missed events and no disqualifications. There were 11 swims, 7 best times, and 8 National Motivational Times. The swimmers dropped a total of 25.22 seconds!

On Sunday, there were no missed events and no disqualifications. There were 51 swims, 45 best times, and 41 National Motivational Times. The swimmers dropped a total of 181.99 seconds!

Overall, there were 213 swims and 186 best times. 100% of the swimmers achieved at least one personal best time. The team dropped a total 545.67 seconds, that's over 9 minutes! The team placed 3rd overall! Great job, Circle C Select Swim Team! Keep up the hard work!

#### SWIMMERS OF THE MONTH - SEPTEMBER

*Congratulations to the swimmers of the month for September. You've put in some very hard work, and you deserve to be recognized.*

Congratulations to Ashlyn Smith from the Silver Team. She earned swimmer of the month because of her great attendance, attitude, and work ethic. Her hard work definitely paid off in the Round Rock meet. She had a fantastic meet performance.

Great job, Truman Matheny, who has improved so much he had to be moved up to the Silver Team. This allowed him to show the coaches how hard he can work. The change had a positive influence on his attitude which is allowing him to improve all of his skills.

Keep up the hard work, Vivienne McCracken, who recently moved from the Silver to the Black Team. She always has a great attitude and performance, which is why her first swim meet in September went so well. She had all incredible performances.

#### HAPPY NOVEMBER BIRTHDAYS!

*Happy birthday to all the following Select Swim Team swimmers who have November birthdays:*

Jason Jones (2nd)  
Max Reinhardt (2nd)  
Jeremy Suh (5th)  
Chelsea Palecek (6th)  
Frank Wei (14th)  
Madeline Reinhardt (20th)  
Ada Maria Claudio (22nd)  
Ashley Shymkiw (22nd)  
Madeline Havranek (23rd)  
Emma Wood (24th)  
Connor Fierro (28th)

*Happy birthday from everyone here at the Circle C Swim Center!*

*(Continued on Page 9)*

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## CC Swim Center

**GIVE US YOUR FEEDBACK!**

With the Community Center and Activity Pool opening soon, we'd love to hear what you would like to see over there. What are you wanting? What are your expectations? Do you have any concerns? Suggestions? Are there any specific programs or activities you would like to see? Whatever it is, let us know via email to: [customerservice@ccswim.net](mailto:customerservice@ccswim.net). We'd love to hear your opinions.

### **CURRENT HOURS OF OPERATION - WINTER SEASON -**

*Our current hours of operation for our winter season will be in effect until March 11, 2011. It is lap swimming only at this time. The recreation area and the wade pool are both closed for the season.*

**Monday-Friday... 6-10am & 3:30-7pm**

**Saturday ..... 8-11am**

**Sunday ..... Closed**

*For an annual schedule of our hours of operation, please visit our website,  
[www.ccswwim.net](http://www.ccswwim.net).*

## Circle C Landscape

*Submitted by Susan Hoover*

Now that we are well into Fall, we are hopefully having lower temperature and if lucky, some seasonal rain. I am writing this on October 10, 2011 and we had about 1.5 inches of rain over the weekend, the first rain in many moons!

As mentioned before in this article, the goal of Circle C Landscape over the harsh and unrelenting drought conditions we have experienced in 2011, has been to keep the vegetation alive. It has been difficult to do that given the hot temperatures and the increasing water restrictions under the City of Austin water conservation ordinance.

In 2004, Circle C Landscape worked closely with the CCHOA Board of Directors on establishing a long term landscape plan for Circle C. The plan stressed water conservation

by focusing on several principles: reducing turf areas, using suitable drought tolerant turf, installing sustainable and drought tolerant plantings, and providing more efficient irrigation. How have we done to date? My personal assessment is that, although we have lost a minor amount of vegetation, the long term plan has definitely allowed everything to stay alive. After a small amount of rain such as we had this weekend, things look reasonable again.

*(Continued on Page 10)*



*- Circle C Commons Areas, Fall 2011*

# CIRCLE C DENTAL



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# CCHOA News

## *Circle C Landscape- (Continued from Page 9)*

There is still much work to be done. We have to consider the possibility that water will be limited at times in the future, and be prepared should we have to go to Stage 3 Water Restrictions, which only allow a limited amount of hand watering. So, on a daily basis, Circle C Landscape is working diligently on solutions that will allow a continued great look for Circle C while adapting to changing conditions, and preparing for stressful conditions. Improvements that will be made in the short term include continued rock work in areas that are hard to irrigate, increased use of drip irrigation, continued implementation of central control for irrigation, continued limitation of turf areas, installation of quick couplers (these are similar to hose bibs) throughout the commons areas to provide sources for hand watering, and tree planting (essential for shade).

This Fall we are working to gently remediate soil and plantings that have been very stressed during the drought. Where applicable, we will be top dressing with a balanced top dressing. Utilization of mulch remains critical, and deep watering when we do water is important. The City of Austin Water Conservation Department works very closely with the Circle C HOA on water conservation matters. They have visited the property and inspected the irrigation system and granted variances that allow the CCHOA some flexibility on watering hours so children don't get wet when they go to school. So, as we move forward, we just wanted everyone to know that our goal is to set the highest standard for Circle C commons areas, in terms of conserving water, and trying to keep things looking their best.

## RESIDENT CLASSIFIED

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### *Classified Ads*

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

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

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**FEATURING AFTER HOURS AND WEEKEND *EASYCARE* SERVICES**



# Park West HOA News

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

Submitted by Dorian de Wind

### MESSAGE FROM THE BOARD

The extreme fire danger our area faced this summer prompted Park West to take several steps---both individually and as a community--to reduce the threat posed by undergrowth and fire-feeding shrubs and trees within Park West property and in adjacent City parkland.

#### *The effort took several forms:*

- Working with City of Austin Park Rangers several Park West volunteers cleared a significant amount of combustible brush and undergrowth in parkland behind homes at the east end of our community. Residents also made donations to a special fund the City will use exclusively for such work.
- Providing their own labor and following the City's "FireWise" guidelines, some residents whose homes back onto Lot 103 cleared extensive areas within the HOA property while the HOA paid for the hauling and disposal of the cut materials.
- Other homeowners whose homes back onto parkland engaged private contractors to establish a fire defensible space behind their homes, again using FireWise guidelines.
- As the severe drought and high temperatures persisted, the Board

hired a private contractor to clear additional fire-prone areas on Lot 103 and at the west mail center.

#### *"Some of the early birds at Park West's Work Day"*



Perhaps the best example of community interest and involvement was the Saturday, Sept. 10 "Work Day" when more than 20 Park West residents were joined by Park Rangers, Community Court workers brought in by the Austin Parks and Recreation Department and by workers graciously volunteered by Pearson Landscape Service to work as a team behind the east mail center to make the area not only more fire safe, but also more attractive. A real example of what a community's residents can do when they join hands.

(Continued on Page 13)



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**Park West HOA News-** (Continued from Page 12)

The efforts by our homeowners and by the HOA have gone a long way towards making our community more fire safe as more than 90 percent of Park West homes that back to parkland or wooded common area have increased protection in keeping with FireWise guidelines---quite an accomplishment for our community during a couple of months.

Your Board continues to assess the fire danger and to consider and evaluate the best possible venues to mitigate such risks, such as our continuing and high priority efforts to eliminate the fire hazard from smoking on the disk golf course. Your inputs and individual efforts are encouraged and appreciated.

**LANDSCAPER NEWS**

September rounded out the summer with more high temperatures and the beginning of Stage 2 watering restrictions. We had continuous 90+and 100+ degree days this

summer. There was a small amount of rain, but the drought is expected to continue for some time. Proper turf care through adequate watering practices, fertilization with pre-emergent and core aeration are fundamental elements in keeping turf grass healthy and full to weather this drought. Fortunately, for the most part, our dedication to each of these components of turf management has paid off in Park West and the grass in the front yards is in moderate to good shape.

The Landscaper Liaison's dedication to keeping homeowners informed about the need for sprinkler checks and helping schedule them is greatly appreciated and has been paramount in keeping the front yards looking good. Jackie and I were able to meet with about 35 homeowners and residents and reset their irrigation clocks to conform to the Stage 2 watering restriction by the day that it was implemented, September 6,

at no cost to homeowners. We also checked a larger number than normal of sprinkler systems - approximately 10 - in September

The very best winter/broad leaf weed pre-emergent fertilizer was put down in the turf grass in front yards and common areas in late September. Pearson Landscape also donated the labor of five men to help on a Saturday with the Park Rangers to clear understory brush in the parkland behind Park West as a fire prevention measure. We also cleared the dead vines on an exterior wall adjoining Circle C proper to Park West. Thank you

*Scott Smith, Pearson Landscape Service*

**GOOD NEIGHBORS**

*Submitted by David Maril*

Most Park West residents know our mail centers' flags are there to honor military veterans. The flags are purchased and maintained by Park West residents, not the Association. Every six months or so,

*(Continued on Page 14)*

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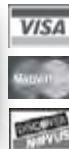
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Exp. 11/30/11

# Park West HOA News

## Park West HOA News-

(Continued from Page 13)

we replace our American flags and, last month, we also replaced the flagpoles with new, non-binding poles. This time around, Kathy J. Jedrzejewicz and Joan Maril joined Dorian de Wind and Dave Maril for a trip to the Austin Flag Store to select the new flags and poles. Our new American-made flags are 2x3 feet with white rotating poles. Kathy J. purchased a similar flag and pole for their home. On the way home, we stopped for lunch at Galaxy Cafe and talked about everything as friends do. Once in Park West, there was no formal flag raising ceremony, just two old vets and two young ladies quietly and respectfully raising the flags and remembering what they represent, especially as Veterans Day approaches.



**Dave Maril Raising New Flag at the West Mail Center (Photo by Kathy J.)**

## OF GARBAGE TRUCKS & GRACEFUL CHOREOGRAPHY

*Suggested by Bud Averett | Submitted by Dorian de Wind*

"Choreography like pure dance ... Like the most graceful of ballerinas...nimble moves with delicate piano music..." Is the *Austin American Statesman* describing an upcoming classical ballet performance at the Long Center for the Performing Arts? No, these are some of the words the *Statesman* used in a recent review to describe a performance by the City of Austin Solid Waste Services workers, their 16 large sanitation and sweeper trucks and those unmistakable 64-gallon plastic trash carts on a defunct runway at Austin's former Mueller Airport.

You smile? I smiled, too, when Park West resident Bud Averett e-mailed that he and Linda had attended the "Waste Services Ballet" and how much they had enjoyed watching the sanitation workers and equipment "perform to music at the old airport." I immediately envisioned large, awkward garbage trucks performing delicate pirouettes along with brawny sanitation workers prancing in tight leotards... Well, I am not bemusedly smiling anymore.

The "Trash Project," as it is formally called, has been performing before packed audiences in Austin and has received rave reviews from the critics. It is an award-winning collaboration between "Forklift Danceworks," under the direction of Austinite Allison Orr, and the City of Austin Solid Waste Services Department.

*"From Venetian gondoliers to firefighters, trained dancers to Elvis Impersonators, maintenance men to women over 65, Allison Orr creates award-winning choreography with all kinds of performers... Orr finds the raw material for her work among the stories and everyday experiences of ordinary people... Uncovering that which is essential to the life of a community but often goes unnoticed..."*

Her "Trash Project" was named the #1 Arts Event of 2009 by The Austin American Statesman, the #1 Dance Event by The Austin Chronicle, and was awarded Most Outstanding Dance Concert of 2009 by the Austin Critics Table.-Again, the *Statesman*:

*"Clad in neon yellow safety wear, the sanitation workers did what they do best: roll and load plastic trash carts, jump gazelle-like on and off the back of a rapidly moving trucks and drive with precision in carefully choreographed patterns... Like the most graceful of ballerinas on pointe shoes, a crane truck glided through nimble moves, its mechanical claw slowly extending and retracting as it spun in near perfect unison with delicate piano music..."*

Sadly, September saw the final two performances of "The Trash Project." However, there are so many "encore" cries that it is possible that you and I may still have an opportunity to see a show that, as Bud tells us, will help us realize how much manual work it saves sanitation workers when we leave four to five feet of space between containers on Monday mornings. We'll probably see these dedicated workers in a completely different light, too.

*(Continued on Page 16)*

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# Park West HOA News

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

## **OF CASTLES, DINNER CRUISES & TENNIS - CONCLUSION**

*Submitted by Dr. Jacqueline Davis | Edited by Dorian de Wind*

In the October newsletter, Park West resident Dr. Jacqueline Davis told us about her visit to the beautiful, centuries-old capital of the Czech Republic, Prague. After a week of sightseeing, Jacqui and her group are now ready to attend medical conferences and lectures and also to play some tennis. This will take place in Karlovy Vary, a delightful spa city approximately 80 miles west of Prague where one of Europe's major film festivals is held annually.

Before leaving Prague, however, there is just enough time for one final walking tour of the Jewish cemetery and synagogues and Kafka's house. (Franz Kafka is a famous Jewish, Czech-born writer who lived on and off at this famous house in Prague.)

The following day---it is now Friday---under rainy skies and with rather strong winds it is a three-hour bus ride to Karlovy Vary.

Before settling down for the night, Jacqui and friends find a delightful little restaurant along the "steaming" Tepla River. (Steam rises from the river due to the numerous hot springs that bubble up in the area and feed into the river.) Judging from the décor of the restaurant, Jacqui and friends predict that women run it. They are right. A mother and daughter own the restaurant.

The next day it is off to some tennis practice and then to a restaurant at the top of a mountain for dinner and for the official opening of and draws for the tennis tournament. Jacqui has been attending similar World Medical Tennis Association (WMTA) tournaments since 2005 and is participating in both the open individual competition ("Coupe du Monde") and in the Nations Cup ("Coupe des Nations"), a Davis Cup type format in which the various nations compete in three events and which generates a lot of national pride and enthusiasm.

While the tennis competition keeps drawing Jacqui to this tournament year after year, another major factor is the people who participate in the tournament and the friendships Jacqui has made. The players---all medical doctors and their spouses belonging to the WMTA---come from all over the world and share a powerful

common denominator, their love for medicine and tennis.

This year they have come from 24 countries, including Japan, Finland, Germany, Poland, Belgium, Hungary and, of course, from the Czech Republic and the USA. The next five days bring a whirlwind of exciting tennis matches, medical lectures and conferences---the "scientific program"---dinner and sightseeing.

One of the sightseeing highlights is a trip to Pilsen (or Pilzen) in historical Bohemia and known worldwide for its Pilsner beer. But Pilsen also has a very interesting---albeit somewhat tragic---world wars history. Jacqui is particularly impressed by the memorial erected to honor the 16th Armored Division of General Patton's 3rd Army that liberated Pilsen from Nazi Germany on 6 May 1945.

Of course a visit to the world-famous Pilsner Urquell brewery is almost obligatory. Once there, Jacqui and her group learn all the secrets of beer making and partake in the traditional beer tasting, followed by "food, drink and entertainment" at the brewery's restaurant---a restaurant that can seat 500 and where both the beer and the wine flow freely.

The dinner consists of, among other dishes, three kinds of sausage and *pâté* appetizers, soup, meat, two types of dumplings, sauerkraut, red cabbage and for those still hungry, traditional Czech apple strudel, all to the accompaniment of good beer-drinking music provided by a local trio and joined in at times by three Czech physicians who are part of Jacqui's tennis/medical entourage.

But not to worry about all that great food, beer and wine. Jacqui and the other tennis aficionados will soon run down those calories in the many tennis matches yet to come. Jacqui herself is the proud winner of two silver medals after several challenging matches and in spite of the free wine on the courts. For water, however, "there was a charge..."

And so, after an exciting week in Karlovy Vary and after an unforgettable two weeks in the Czech Republic, Jacqui leaves her hotel at 4 a.m. on a Saturday morning to start the long journey back to Park West, but ready to do it all over again next year, in the Adriatic seaside resort of Cervia, Italy. Tough duty, but then someone has to do it...

*(Continued on Page 17)*

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

*(For an interesting cyber visit to the Pilsner beer brewery,  
please go to <http://www.pilsnerurquell.com/in>,  
where you will be first asked to confirm that  
you are over the legal drinking age in Park West)*

### **SEE YOU IN NOVEMBER**

When you read this column---your column---it will almost be Veterans Day. Please join me in remembering and expressing our gratitude to all those veterans who are no longer with us; to those veterans who have fought their battles and fortunately are still with us; and to those magnificent young men and women on their way to fight our newest battles---to become our newest veterans---and whom God may keep safe.

Also, please keep in mind that the next column you will read will be the one just before Christmas and that now is the time to submit and to share with your neighbors that unforgettable Christmas experience, that favorite Christmas story or just your heartfelt Christmas wishes.

*Please contact Dorian de Wind at  
[ddewind@austin.rr.com](mailto:ddewind@austin.rr.com) with your holiday inputs.*

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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](mailto:info@circlecranch.info) by the 10th of the month.



### MY SUPERHERO

My daughter came home on a Friday afternoon and wanted to find a way to help out the families that lost so very much in Bastrop due to the fires. She came up with the idea of selling duck tape items to our neighbors. She quickly made some sample items, a wallet, hair bows and purses, and gathered her friends and off they went to raise money. The following day they fulfilled all the orders and delivered the items to all our friends and neighbors. The girls raised a total of \$62.00 in one afternoon. We are so proud that first they were thinking of others, second, they did all the work by themselves, and third they delivered on their promise. Duck Tape can make a difference, if you believe!



*Jade Fattoub, age 9, and her Circle C friends, Madisen Johnson, age 11, Caterina Chavanne, age 11 and Andrea Chavanne, age 9.*

# Race for the Cure to Host Course in Circle C

*Submitted by Lisa Williams*

## - WHAT -

2011 Komen Austin Race for the Cure

## - WHEN -

Sunday, November 13th at 10am

## - WHERE -

Course will start and end at Circle C Metro Park (no need to drive downtown and search for a parking spot)

**Other Perks:** Enjoy exercising with your friends, Packets/t-shirts brought to you at the event (skip packet pick-up), Refreshments at the finish line, No special awards or timing chips (just for fun!), Strollers encouraged, Playground time at the end, and BEST OF ALL, help raise awareness and funds to support breast cancer education, screening and treatment!

## TWO options for joining our team ("Circle C MOMS Club"):

### 1. REGISTER ONLINE:

[http://austin.info-komen.org/site/TR/RacefortheCure/AUS\\_AustinAffiliate?team\\_id=187282&pg=team&fr\\_id=2282](http://austin.info-komen.org/site/TR/RacefortheCure/AUS_AustinAffiliate?team_id=187282&pg=team&fr_id=2282)

Click on "join team" (or you can just make an online donation to support our team if you don't want to run/walk) and complete the registration process. We will be having our walk at the same time as the one downtown, and joining our team online will allow you to use online fundraising tools and ensure you receive an official event t-shirt. There is no need to register children for our event. We will not have the option for chip timing, nor do you need to pay for mailing of your packet.

## OR

### 2. SKIP THE ONLINE REGISTRATION

(and registration fee).

You will NOT receive a packet and t-shirt or your own fundraising website. Instead you can have friends and family donate directly to our team (use above link) and/or bring checks and cash the day of the event. We are asking each team member to raise at least \$20 in donations.

Everyone is welcome to join our team and/or join the walk in Circle C, so please help spread the word. Thanks!

### Questions?

Please email [awhiteis@gmail.com](mailto:awhiteis@gmail.com).

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**11317 Larue Belle Ln** **SOLD in 13 DAYS**  
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7921 Ladera Verde Dr	5 Beds / 3.5 Bath	3186 sq ft	\$375,000
10341 Snapdragon Dr	3 Beds / 2 Bath	1891 sq ft	\$275,000
2907 Wadsworth Way	3 Beds / 2.5 Bath	1689 sq ft	\$170,000

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**4808 Hibiscus Valley Dr • \$315,000**  
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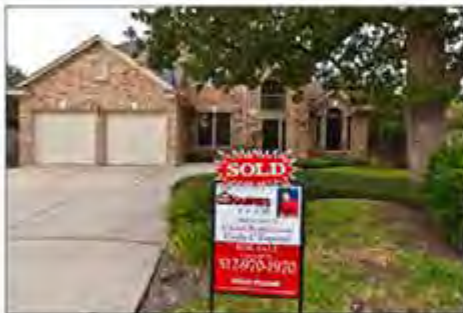
Call Kevin Scragg, your Circle C neighbor, at (512) 529-8763 to see any home on the market and for all leases!



Slow market? Hardly! John Squires just sold these 5 properties in the last week. There is a shortage of nice homes for sale. List with John Squires now and have your house sold by Thanksgiving! Super-easy appointment at (512) 970-1970.



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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 SquiresTeam.com to view all of John's



7605 Brecourt Manor "JUST SOLD!"



11309 La Rue Belle "JUST SOLD!"



11609 Coalwood Cove "JUST SOLD!" 1 day on market with multiple offers!





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There are castles in Circle C! If you would like to preview one of the most gorgeous homes in Circle C Ranch before it comes on the market, please give John a call. This incredible home is absolutely stunning. Anderson wood flooring takes you through much of downstairs and into the highly upgraded kitchen with Silestone counters, Raja slate backsplash, stainless appliances, eat-at bar, chef's island and more! The master down has it's own zip code it's so big, with a separate exercise/sitting/office area. French doors lead out to the custom patio with new arbor, fireplace and stainless grill island. Plantation shutters adorn almost every window in the house and views of the private .43 acre yard are plentiful from most rooms. The upstairs is almost a house unto itself with 4 HUGE bedrooms, 2 full baths, a game room and an unbelievable media room with projector and professional screen. All of the fixtures, hardware, lights, fans, etc. are oil-rubbed bronze. The yard is massive and there is plenty of room for your own pool, or just wait until next Spring and the Circle C "resort pool" and family center will be open just down the street. At 4422 sq. ft. per tax records, this is a fantastic house for a large or growing family. Schools are Clayton, Gorzycki and Bowie. Gated cul-de-sac is great for kids! Call John ; )

Please call John Squires for any of your real estate questions or needs.





# Clubs & Announcements

## Circle C Tennis News

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

### CONGRATULATIONS TO COMBO TEAM



### ON WINNING THE CITY CHAMPIONSHIP & GOOD LUCK AT SECTIONALS IN WACO'S FINAL MATCHES

*Left to right: Shelly Foreman, Kathleen Augustine, Jennifer McDaniel, Michele Wenson, Lisa Laird, Maureen Perenti, Michele Haggerty, Kathy Smith and Julie Asbra. Missing from picture: Matilda O'Connor and Marie Martin*

### GENERAL MANAGER OF CIRCLE C TENNIS CLUB RECEIVES INTERNATIONAL AWARD

Fernando Velasco (left), General Manager and Director of Tennis of the Circle C Tennis Club, was the recipient of the "2010 USPTA Lessons for Life" during the USPTA International Convention held at Saddlebrook Resort in October 2011. Presenting the



award is Tom Daglis (right), President of the USPTA. This award is given to the Tennis Professional who dedicates his life to teach tennis as the "sport of the lifetime". Velasco won this award for the USPTA Texas Division last February in Dallas and was one of the 17 candidates from the other divisions of the USPTA competing for this year's award.

Upon receiving the award Velasco spoke about how "being a tennis professional for the past 43 years, has given me the opportunity

to touch many lives by teaching people from all walks of life to play tennis. I enjoy sharing my passion for the game with my students. Several of them have received tennis scholarships to Universities and Colleges, while others have become Tennis

Professionals themselves. For the majority of people I have been associated with, tennis has become a way to stay in excellent shape, compete with their peers, and enjoy playing well into their senior years of life."

He also added: "being at Circle C Tennis Club for the past 11 years, I have seen small children and adults, learn to play the game properly, embrace it as a special family time and more importantly, enjoy both the exercise and competition."

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- Golf Clinic—Friday, Nov. 18th. 3:30 PM @ Lost Creek Club – 2612 Lost Creek Blvd
- Dinner—Tuesday, Dec. 13th. 7 PM @ Abuelo's—2901 S. Capital of TX Hwy

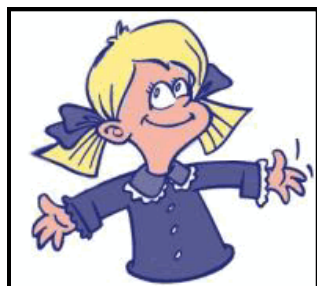
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# ADOPTION COALITION

JAQUEVIUS (NOV 2003) & NY'ASIA (AUG 2005)

Jaquevius is a loveable, warm spirited child. Ny'Asia is an endearing child who enjoys being hugged and treated like a princess. Jaquevius enjoys watching cartoons, playing with cars, trucks and things he can "tinker" with. He absolutely loves going to movies. Ny'Asia's favorite things to do are coloring and playing with dolls. Jaquevius and Ny'Asia need a loving, nurturing family who is highly structured and experienced in working with children. To find out more about Jaquevius and Ny'Asia, Please contact Grace Lindgren, LMSW, at the Adoption Coalition of Texas, (512) 810-0813 or [gracelindgren@adopttexas.org](mailto:gracelindgren@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](mailto:info@adopttexas.org) and visit our website at [www.adoptioncoalitiontx.org](http://www.adoptioncoalitiontx.org). Adopting a child from the foster care system requires little or no cost to the adoptive family and funding may be available to help the adoptive family support the child or sibling group.



**ADOPTIONCOALITIONTX.ORG**

## Please Clip Box Tops for Kiker Elementary

*Submitted by*

*Tracy Letulle and Christy Zimmerman*

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# Clubs & Announcements

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Saturday, November 5, 2011,

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Deep Eddy Community Garden,  
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Want to grow your own apples, peaches, and berries? Learn varieties which excel in this area. Discover how large the hole for planting should be and if amendments are required. Basic pruning techniques and general fruit and berry care included in talk. For more information, contact the Master Gardeners Help Line at (512)854-9600. This free seminar is presented by the Travis County Master Gardeners, a volunteer arm of the Texas AgriLife Extension Service in Travis County. [www.tcmastergardeners.org](http://www.tcmastergardeners.org)

## Holiday Fair Live & Silent Auction

*Submitted by Cherie Harvey*

North Austin Women's Connection would like to invite you to their annual Holiday Fair Live & Silent Auction Tuesday, November 8th from 11:30-1:00pm at the River Place Country Club, 4207 River Place Blvd, Austin. Get some great gifts for the holidays and help a great cause! Guest speaker, Carol Graves, author of children's books will speak about "What's Your Focus". Cost is \$15 payable at the door and includes lunch. Bidding begins at 10:30. For reservations, contact Nancy Gregor at 512-608-6686. Childcare available. Affiliated with Stonecroft Ministries.

## University of Texas Graduate Program Research Study

*Submitted by Dan Fagnant*

Graduate students at the University of Texas at Austin are conducting a research study to explore Austin area residents' crash histories. The aim of this study is not to identify individuals but rather to help improve safety and provide guidance for engineering and policies. All data collected will be kept confidential and no personal identifier will be collected and used as we deeply value you and your residents' privacy and rights. Those interested, can conduct the survey online at:

<http://www.surveygizmo.com/s3/646412/CrashSurvey>



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### NOVEMBER & DECEMBER LUNCHEONS

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 to learn about and become involved in many varied Interest Groups.

**DATES: Wednesday, November 16, 2011,** Annual "Cornucopia of Creative Arts" features arts and crafts created, displayed and for sale by members of Austin Newcomers Club. The luncheon speaker will be Matt Hogle, Assistant Director of the Art School at Laguna Gloria. The Art School presents an array of art experiences in the fun, informal, and collaborative spirit of Austin. Reservations are required by: Nov. 9th.

**Wednesday, December 7th,** seasonal music will be performed by the choir of the Fine Arts Academy (FAA) at McCallum High School, directed by Malcolm Nelson. The FAA provides a program for students across Austin to pursue an accelerated arts curriculum as fine art majors. In 2009 the orchestra and choir performed together at Carnegie Hall. Reservations are required by: Nov. 30th

**TIME: 11 a.m. Social Hour,  
Luncheon begins at noon.**

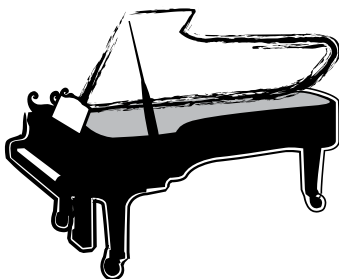
*For Luncheon Reservations: Email: [LuncheonDirector@AustinNewcomers.com](mailto:LuncheonDirector@AustinNewcomers.com) or contact Dotti Thoms, New Member Services, at (512) 314-5100. For more information visit the website at:  
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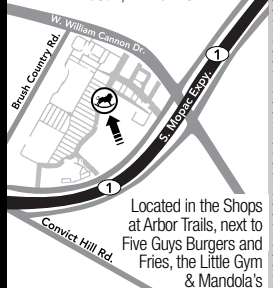


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## LAWN REJUVINATION

*Submitted by Daphne Richards, Horticulturist (Travis County Extension Service)*

If you're like most people, your landscape has really taken a beating over the last year. Extreme weather has shaken us up and made us analyze all of our familiar gardening habits. From uncharacteristically cold to extremely hot and dry, this year has truly been one for the record books. With such continuing climatic hardship to fight, some of you are wondering what new and different plants should replace all of the ones that you lost. And many of you are probably considering just paving everything over and calling it done. The latter may be especially true if you have a lawn, which probably looks pretty bad (if not dead) about now.

I know that lawns are public enemy number one these days, but if you have animals or children and your lawn is not inordinately large, turf grasses really are the most appropriate ground covers. If managed properly, lawns do not have to be water hogs or chemical lovers. We just have to learn some best management practices, and be willing to live with a little imperfection, to keep them relatively healthy and in useable shape. And if we start now, our lawns will have a fighting chance during future periods of cold, heat and drought.

Most of your neighbor's lawns probably look like yours—if you

had the right equipment and coordinated with each other, you'd be able to collect a pretty nice bale of hay. But I bet you have at least a couple of neighbors whose lawn is relatively green and healthy. Are they cheating on their watering schedule? Maybe. But it could also be that they took special measures back when the weather was cooler in order to prepare their lawn for dire times such as these. What's their secret? We may never know. But here are a few ideas, Start now, and you'll help your lawn have a fighting chance next year, and use less water and fewer chemicals to boot.

Water slowly and thoroughly on your weekly schedule, so that the water penetrates deep into the soil. You should definitely use some type of sprinkler, rather than hand-watering a lawn. This helps to ensure thorough coverage and less evaporation. If you stopped watering altogether, I would suggest that you water half in the morning and half in the evening, until the soil has recovered and regained its ability to retain water.

If your lawn has any life at all, weeds are probably prolific. Pull all of them that you possibly can, to remove the source of seeds. Weeds will be the first thing to grow once you start watering again.

*(Continued on Page 29)*

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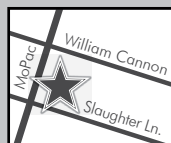
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## ***Lawn Rejuvenation - (Continued from Page 28)***

If you are over-run with weeds and you are not averse to using chemicals on occasion, consider using a pre-emergent in February, and again in August. These herbicides keep seeds from germinating. If you don't use a pre-emergent, start pulling weeds as soon as you see them, before they get out of control.

Aerate in February and fertilize in early June. While most years you may fertilize your lawn once a year, in September, to encourage deeper root growth, if you fertilize in the fall this year, you'll only feed the weeds. Don't fertilize again until the fall of 2012 (unless you have an inordinate amount of weeds again next fall).

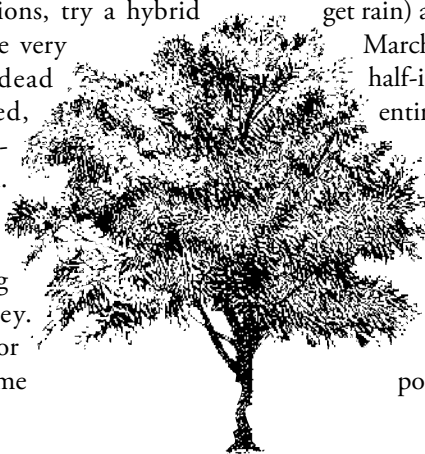
Cover with about half an inch of well-aged compost in March. This helps to build the soil underneath your lawn, leading to healthier roots and thus more efficient use of the water that it receives.

Always mow to the proper height and mow on time. If you allow your lawn to get too tall before you mow it, you are removing its entire green leaf surface, which is how it photosynthesizes and feeds itself.

If replacing your lawn, do so with lower water consuming species. To replace St. Augustine in shady areas, consider Zoysia. And for sunnier locations, try a hybrid Bermuda. If you have very large areas that are dead or extremely damaged, you should consider re-sodding the entire lawn. But first, you'll need to prepare your soil or you'll just be wasting your time and money. Soil that has been dry for such a long period of time

becomes compacted and won't absorb water and won't be soft enough for roots to grow into. Water a little at a time, maybe five to ten minutes, before water begins to run off the surface of the soil. Over time, once the soil becomes moist again, it will have more capacity to absorb water more deeply. Continue to moisten your soil (unless we get rain) a little at a time until about March, when you should add a half-inch layer of compost to the entire area. Then re-sod in mid to late April.

I hope that these tips are helpful to you in rejuvenating your struggling lawn. As we've always heard, an ounce of prevention truly is worth a pound of cure.



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## A DOG'S TALE

*Submitted by Jackie Rollins*

When Willie, a 10-year-old miniature pinscher, escaped with his brother and another family dog from their backyard one recent Sunday evening, little did he know that while the other two would return on their own to their Circle C home on Needham Lane within a day, he was destined for a longer journey and a "mini" (no pun intended!) adventure, ending up a mile away, and across a busy street, in Park West.

For me, it began early on Monday morning with an e-mail from a neighbor reporting an obviously lost "small breed black dog" in his front flower bed. I put an APB out on the Park West website and e-mail responses with sightings, even one with a blurry cell phone picture, kept arriving through the next day. Finally, I received a message that actually pinpointed an exact location in the 6500 block of Tasajillo Trail. I rushed off to help, praying that I would still find him (or her) there.

A male miniature pinscher with no collar or tags was lying on the front doorstep at 6518 Tasajillo looking very lethargic. With some hesitancy he stood up, and although he was obviously thirsty, a neck wound made it hard for him to drink the water offered by a neighbor. Poor guy. We were able to coax the min pin into a carrier I had

brought along with a hot dog provided by the homeowner, and he gobbled it up before the latch was fastened. I made the decision to bring him to an emergency animal hospital immediately and not wait until morning because of the neck wound and his general condition.

So off we drove, the min pin and I, to the emergency animal hospital on Frontier Trail. He was as good as gold, never barking once. Central Texas Veterinary Specialty Hospital by day, it transforms into an independent emergency hospital at night, offering, among a host of services, "compassionate care" for lost and stray animals. Compassionate care means that the animal will be fed and watered, any injuries cleaned, and made comfortable until morning when either an owner is located or, if not, transferred to Town Lake Animal Shelter. I waited after check-in for the vet on duty to give me a report. The neck wound would need stitches but Town Lake Animal Shelter would do the surgery, he assured me. The min pin had no microchip; so much for locating the owner that night. There is no charge for "compassionate care" at this facility, with a compensatory-type agreement in place with Town Lake, as explained to me. As I left, the staff thanked me for bringing the

*(Continued on Page 32)*

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# News You Can Use

## *A Dog's Tale - (Continued from Page 30)*

dog to them. Suddenly, I realized the magnitude of this situation and was genuinely affected by their comment.

### *Now comes the good part....*

The next morning, I called 3-1-1 to reach the shelter to see if the transfer was made. Not open for calls until 11:30 a.m., I was asked to leave call back information and was given an identification number. Earlier, I had e-mailed the Circle C manager an account of the lost dog with hopes it could be posted on the website's Messenger to go to all subscribers as well as placed on their exterior bulletin board. I called the office to follow up on the request and couldn't believe my ears when Gale, the office assistant who answered, said she was actually looking at a request for a lost animal posting from a Circle C resident who had three dogs go missing – two miniature pinschers and a lab. Did I want her phone number? Did I ever!

Excitedly, I dialed the number. There was also excitement in the voice of the lady who answered when I asked if she was still missing a min pin. She immediately responded with "do you have my dog?" and that the other two dogs had made it home but min pin Willie was still missing. I was as thrilled as owner Suzanne Ruffner that a connection had been made and it was now just a matter of time until Willie would be home. I told her about his condition and the need for stitches. All that was left for me to do now was to give her the

Town Lake information. With thanks and tears of joy she expressed her appreciation multiple times. I asked her to let me know how everything went. She was told she could pick Willie up later that day after he had recovered from surgery to suture the neck wound. She said the shelter vet thought it was the work of a raccoon. They also gave Willie his shots and implanted a microchip. Suzanne kept me posted throughout the day, giving me the good news when she finally brought him home.

The next day, I visited my new found friend Suzanne, and the dog I will most certainly never forget. Suzanne and I want to thank the Circle C office for their role in making the connection and numerous residents of Park West for their helpful sightings. One final comment: Willie, stay home!



*(Home at last - Willie, Suzanne and Jackie)*

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# The Austin Diagnostic Clinic

## ANNOUNCES SERVICES & PHYSICIANS FOR NEW CLINIC IN CIRCLE C

The Austin Diagnostic Clinic (ADC), a multi-specialty clinic with more than 115 physicians representing 21 medical specialties at locations throughout Central Texas, will soon extend its nearly 60 years of quality care to residents in the Circle C area with the opening of a new clinic. ADC's 13,500-square-foot Circle C clinic, set to open in December 2011, will be located in the new Parkside Village development on the southwest corner of MoPac and Slaughter Lane. It will feature primary care, with Allergy, Family Practice, Pediatrics and Podiatry, as well as lab and X-ray services. The southwest Austin location also will offer EasyCare walk-in and same-day urgent care seven days a week. *The physicians who will move from ADC's South location to the new Circle C clinic include:*

- **ALLERGISTS:** Thomas Smith, MD and John Villacis, MD
- **PEDIATRICIANS:** Vanessa Chiapetta, MD; Diane Garza, MD; Beth Nauert, MD; and Sara Woods, MD
- **FAMILY PRACTITIONERS:** Jennette Cross, MD and Shelley Li, MD
- **PODIATRY:** Nolaska Souliotis, DPM

In addition to the Circle C clinic, ADC will also be opening a 9,000-square-foot clinic in the Cielo Center in Westlake at

1250 S. Capitol of Texas Highway, Building 3. It will feature specialty care as well as lab services. Medical specialties at the new location will include Cardiology, Dermatology, Internal Medicine, Endocrinology, Gastroenterology, Nephrology, Neurology, Pulmonary, Rheumatology and Urology. In addition, ADC's Health Risk Management will provide weight loss programs at the Westlake clinic. The physicians who will provide services at the Westlake location include:

"These two new locations will help us deliver a mix of primary and specialty health care to growing neighborhoods in the Southwest Austin and Westlake areas," said Paul Moore, M.D., chair of the ADC Board of Directors. "We are pleased to have this opportunity to bring our services to these communities and further demonstrate the level of care that has helped us earn our favorable reputation dating back to 1952."

For more information regarding the new ADC clinics in Southwest Austin and Westlake, visit [ADClinic.com/CircleC](http://ADClinic.com/CircleC) and [ADClinic.com/Westlake](http://ADClinic.com/Westlake), respectively.

# Thank you!

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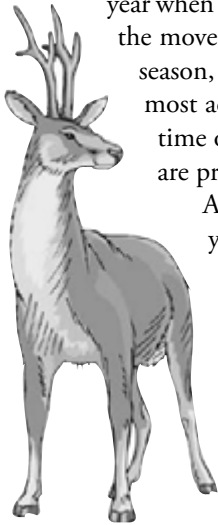
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8:45 A.M. Blended Worship Service  
10 A.M. Pathways Contemporary Praise Worship Service  
11:15 A.M. Traditional Worship Service

## Deer Season is Here

*Submitted by Robin Abbott*



November through December is deer season in Texas. It is the best deer-watching season of the year. Late fall is the time of year when bucks have grown their antlers and fawns are on the move with their mothers. It is also the deer-mating season, known as the "rut." During this season deer are most active and more likely to run and bolt, so it is a time of year to use extra caution in areas where deer are present.

Austin is one of very few large cities in Texas where you can still experience urban deer. Northwest and southwest Austin are home to most of our remaining neighborhood herds. Many area residents enjoy the deer's charismatic presence and quiet beauty. Young parents report finding teachable moments in watching does care for their fawns, while for seniors interaction with the deer can be life affirming. Others simply value the opportunity to observe wildlife living freely as they go about such daily business as walking the dog or driving to work.

DeerAustin is a group of Austin neighbors and animal lovers who are committed to living compatibly with urban wildlife and especially to protecting and preserving Austin's urban deer herds. Visit us at [www.DeerAustin.org](http://www.DeerAustin.org). We are providing the following information that is helpful to keep in mind during deer season:

- Always walk dogs on leashes.
- Observe the speed limit.
- Be extra cautious when deer or deer crossing signs are present and when driving from dusk to dawn.

To report an injured deer, call the Game Warden at 389-4848 or Austin 311. To report a dead deer for pickup, call Austin 311. Be prepared to give the operator an address or otherwise be able to describe the location of the deer (for example, "Loop 360 just north of Spicewood" or "the intersection of Mesa and Greystone"). If you need additional help – email [admin@DeerAustin.org](mailto:admin@DeerAustin.org).

We hope you enjoy the fall season and the opportunity to interact with deer that is a part of what makes Austin a special place to live. Please take care, enjoy the wildlife, and Keep Austin Deered!

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# TAKING CONTROL OF YOUR DIABETES

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By: Concentra Urgent Care

According to the American Diabetes Association (ADA), approximately 21 million Americans have diabetes, and more people are being diagnosed every year. Diabetes is associated with many health problems, disability and premature death. Knowing how you can improve your lifestyle to better control diabetes is the key to reducing related complications, such as heart disease, stroke, blindness, kidney disease, and amputations. Actions you can take include:

- Monitor your blood sugar and take your prescribed medications: By keeping track of your blood sugar, you can achieve better control of your diabetes. Always take your insulin or oral diabetes pills as prescribed by your health care provider.
- Watch your diet carefully: By eating well-balanced meals in the correct amounts, you can keep your blood glucose level as close to normal as possible. A dietician or books such as the ADA's 101 Nutrition Tips for People with Diabetes can help.



- Lose weight: The ADA stresses that losing even a small amount of weight can reduce your risk of complications from diabetes. A dietician can help you find ways to eat the foods you like while reducing your intake of calories.

- Increase physical activity: A personal health coach can help you become more active. And it doesn't mean that you have to go to the gym; it can mean walking around your house or working in your yard. Exercise helps improve your strength, flexibility, and endurance.

- Sleep well and reduce stress: Getting the appropriate amount of rest and managing your stress will improve diabetes control.

For more information about managing your diabetes, contact your health care provider, your Concentra health specialist, or you can visit the ADA's Web site at: [www.diabetes.org](http://www.diabetes.org)

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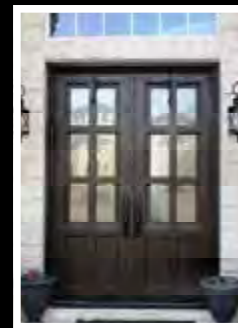
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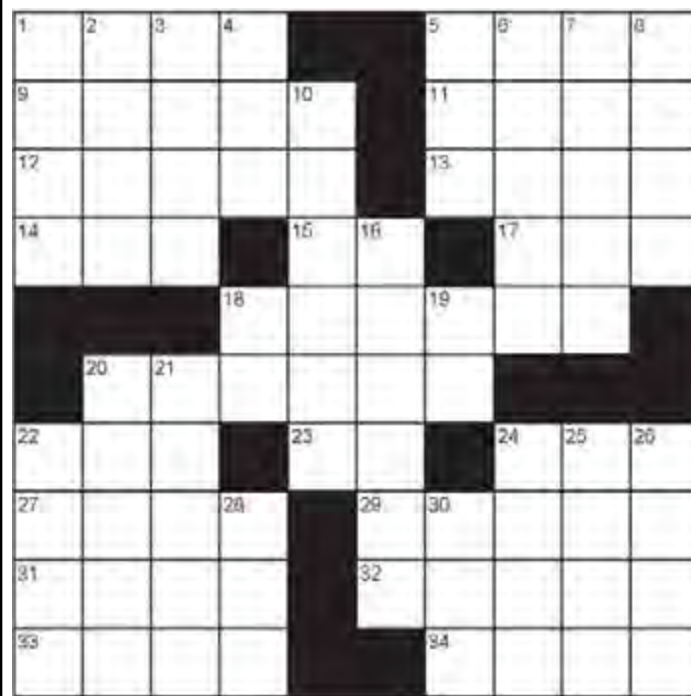


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9. Confuse
11. Dog food brand
12. Flat
13. Sticky black substances
14. Mr.
15. Advertisement
17. No
18. Make better
20. Pre-Nissan
22. Electric spark
23. Miss lang
24. Tire
27. Saloons
29. Immense
31. Shine
32. Santa's helpers
33. Madam
34. Ribald

### DOWN

1. Tides
2. Cafe
3. Far away
4. Day of wk.
5. Sup
6. Mont \_\_\_\_
7. Ms. Winfrey
8. Curious
10. City
16. Toil
18. Movie alien
19. Fashionable
20. Play
21. Smoky
22. Cain killed him
24. Skimp
25. Afresh
26. Posttraumatic stress disorder
28. Pigpen
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# HEALTH BRIEFS - NOVEMBER 2011

## POSTMENOPAUSAL BLEEDING COULD BE SIGN OF ENDOMETRIAL CANCER

After a woman goes through menopause, it is not normal for her to start bleeding again, said a gynecologic oncologist at Baylor College of Medicine. Most postmenopausal bleeding is caused by the thinning of the cervix; however, in some cases bleeding is a sign of endometrial cancer and should not be ignored, said Dr. Concepcion R. Diaz-Arrastia, professor of obstetrics and gynecology at BCM.

When caught in the early stages, endometrial cancer can be cured, Diaz-Arrastia said. However, there are few symptoms and no screening methods and often isn't found until later stages. That's why it is so important for women to be conscious of things that may be associated with the disease, like bleeding.

Endometrial cancer is the most common uterine cancer. It occurs in the endometrium or the lining of the uterus. More than 40,000 women are diagnosed with endometrial cancer every year in the United States. Women who are obese and/or have a history of irregular menstrual cycles have an increased chance of developing endometrial cancer, Diaz-Arrastia said. If you notice postmenopausal bleeding, contact your gynecologist and set up an appointment as soon as possible.

## SYMPTOMS POINT TO DIABETES

Maintaining a healthy weight, eating a low-fat diet and exercising regularly can help prevent the onset of diabetes and the many side affects of the disease, according to doctors at Baylor College of Medicine. Those with a higher risk of diabetes should also have their blood glucose levels screened regularly.

## RISK FACTORS FOR DIABETES INCLUDE:

- Obesity
- Sedentary lifestyle
- Unhealthy eating habits
- Family history and genetics
- Increased age
- High blood pressure and high cholesterol

A fasting glucose level of 70 to 100 mg/dL is considered normal, 100-125 mg/dL is considered pre-diabetes condition and 126 mg/dL or above indicates type 2 diabetes.

## SYMPTOMS OF DIABETES INCLUDE:

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Fatigue
- Lack of interest and concentration
- Blurred vision
- Vomiting and stomach pain

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# Nature Watch - The Fungus Among Us

by Jim and Lynne Weber

Frequently upstaged by the brightly colored autumn leaves and hidden among the leaf litter on the forest floor are several types of interesting fungi. Separated from the plant kingdom because they do not contain chlorophyll, fungi also do not make their own food through photosynthesis but obtain it by breaking down other organic matter and sometimes other plants. Mycology, from the Greek meaning 'fungus', is the branch of biology dedicated to the study of these organisms, and is most often associated with mushrooms.

While mushrooms are the most common form of fungi, some of the more interesting forms that occur in the fall after sufficient rains include puffballs, earthstars, earthballs, and bird's nests. These forms are grouped based on the shape of their fruiting body, or structure that produces the spores needed for reproduction.

Puffballs (*Lycoperdon pyriforme* and *perlatum*) and earthstars (*Geastrum saccatum*) are characterized by fruiting bodies that look like a small ball, unlike a mushroom have no stalk, and are normally found growing on wood or directly on the ground. They can range in size from small marbles to baseballs, with the spores produced inside. Once mature, the spongy inside darkens and dries to a fine powder, and the spores are emitted out of a hole on top of the ball.

Often found around the drip line of trees, this strategic placement serves the dual purpose of providing sufficient moisture until they are grown as well as sufficient force from the water droplets to act as a dispersal agent for the spores. When one translates the genus from Greek to English, 'lyco' meaning wolf and 'perdon' meaning to break wind, it isn't hard to guess that a common name for a puffball is wolf-fart!



With a somewhat less flamboyant name but a more elaborate display, earthstars get their common name from their thicker outer membrane, which when fully developed splits into rays that curve backward to form a distinctly star-like structure.

Earthballs (*Astraeus hygrometricus*) are often found wholly or partly underground, and have a fruiting body that simulates a ball with a thick, rind-like skin. Their spores are produced in the center of the ball, but unlike earthstars, they are extruded not via a pore at the top but when the entire inner spore sac splits open. Often called a 'false earthstar' the outer rind of this fungus splits into seven to fifteen pointed rays that open when it rains or when humidity is high, and close again during drier periods. This repeated action relates to its species name, as if it were nature's hygrometer, measuring the changes in humidity.

Birds' nests fungi (*Cyathus stercoreus*) have fruiting bodies that resemble clusters of very small cup-shaped structures filled with tiny eggs. *Stercoreus* literally means 'growing on dung', and that is where you are most likely to find this fungi. Also commonly found on woody mulch, each cup is only large enough to hold a drop of water, and the egg-like structures which contain the spores, are delicately attached to the cup by a finely coiled thread. When splashed out of the cup by raindrops, this thread-like structure uncoils, catches on to a chip of wood, blade of grass, or other organic matter, and the 'egg' splits open to release the spores inside.

The next time you take a walk in the woods to admire the colors and changes that define the fall, don't forget to look down at your feet, where you can discover the smaller mysteries of the forest, and appreciate its beauty from the ground up!

*Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them.*



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