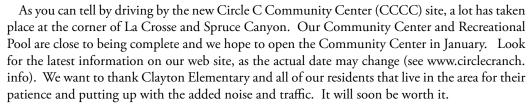


Volume 8, Number 12 December 2011 www.circlecranch.info

## CIRCLE C COMMUNITY CENTER & NEW POOL UPDATE

Submitted by Jason Bram, CCHOA President



The Community Center will house our HOA offices and should be able to accommodate our Annual HOA Meeting held in March of each year. We have planned for over-flow, too. There are two smaller executive conference rooms, a huge covered patio, a spacious hallway, and an outdoor meeting area behind the building, all of which can be incorporated for an over-flow sized crowd. We can show out door or in door movies, which is a very popular tradition in Circle C. The large meeting room can be divided into 3 smaller meeting rooms. This will provide a great place to host parties, have group meetings and host any other get together you may have planned.

The final pool design reflects a need for a seasonal recreational pool, which is only open during the warmer months, as it is not heated. However, it has everything else a kid could want, or an adult. It's roughly half the surface area of our current lap swimming pool, but it has very little deep water. It was designed for a variety of recreational activities, including a water slide, adult lounging area, a very wide beach entry with bubblers and sprayers to keep the water cool, a broad area suitable for water volleyball, multiple steps, LED lights, and a unique Splash Pad with specialized water toys.

In the big picture, we think the Community Center and new Recreational Pool put Circle C Ranch back at the top of the list of most desirable communities in Austin. Our biggest

features are: our close-in location to Austin (10 miles down MOPAC), the airport (15 miles), high performing schools (Circle C Child Development Center, Kiker, Clayton, Gorzycki and Bowie), shopping (Escarpment Village, Parkside Village, HEB, etc.), two swimming pools (one heated all year pool for programming and one recreational pool), and our own community center. This puts us well ahead of Steiner Ranch, Bel Terra, High Pointe, and any other master planned community in the Central Texas area.

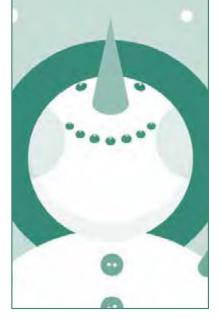




## DECEMBER DATES

DECEMBER 3<sup>RD</sup>
CCHOA Annual Holiday Party
(see inside for more details)

DECEMBER 16-18 CCHOA Holiday Lighting Contest



### **CCHOA NUMBERS**

HOA Mgmt Office info@circlecranch.info or 288-8663
HOA Financial Office
Aquatics Director
Newsletter Publisher
Peel, Inc. Sales Office512-263-9181
Advvertisingadvertising@PEELinc.com, 512-263-9181
Circle C Amenities
Circle C Café
Circle C CDC
Circle C Swim Center
Circle C Tennis Club General@CircleCTennis.com, 301-8685
Sub Association Info:
KB Enclave and Fairway Estates HOA
Karen Hibpshman, CMCA, Manager347-2891
Parkwest HOA
Goodwin Management
· ·
Streetman Enclave HOA
Rosalind Peterson
Muirfield HOA
Sara Huff

### **BOARD OF DIRECTORS**

Jason Bram	President and Development Officer
Brad Compere	Vice President
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

## **IMPORTANT NUMBERS**

City of Austin Solid Waste	974-1945
Dead Animal Collection	974-2000
Abandoned Vehicle	974-8119
Pothole Complaints	974-8750
Stop Signs	
Street Light Outage	
Schools	
Clayton Elementary	841-9200
Kiker Elementary	
Gorzycki Middle School	
Small Middle School	
Bowie High School	
SAYSA	

### **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 <u>info@circlecranch.info</u> 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 <u>advertising@peelinc.com</u>. 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.

"Be the Community."





## What are The Top 5 Reasons to move in 2012?

5) Home prices are more affordable than the peak prices of a few years ago...bringing more buyers into the market!

4) Pent up demand is starting to show in certain sub-markets as fewer homes are on the market!

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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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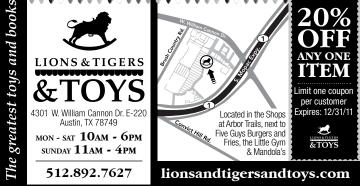
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### **CCHOA Announcements**

Submitted by Denise Nordstrom, CCHOA Mgr.

## DECEMBER SPECIAL EVENTS CIRCLE C HOA HOLIDAY PARTY

The CCHOA will host the Annual Holiday Party on Saturday, December 3rd, 10am to 12:30pm at the Circle C Child Development Center. Enjoy pictures with Santa, crafts, games, bouncy house, train rides, face painting, free breakfast tacos, coffee and hot chocolate and more! Admission is ONE Unwrapped NEW toy for donation to the Adoption Coalition of Texas. For more information, email us at info@circlecranch.info

## FREE PORTRAITS OF CHILDREN WITH SANTA

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

### **HOLIDAY LIGHTING CONTEST**

The CCHOA will host the Annual Holiday Lighting Contest beginning December 16th at dusk and ending December 18th at 9:00pm. In order to be included in the contest, nominations MUST BE submitted to the HOA office via email (info@circlecranch.info) no later than midnight on December 12th. All nominees must be residents in good standing with the HOA. Winners will be notified via mail by January 15, 2012. Interested in judging? This can be a fun activity for the family, friends or neighbors. Send us an email if you would like to volunteer at info@circlecranch.info

### TEXAS LEGISLATION CHANGES TO TAKE EFFECT JANUARY 2012

Some of you might have kept up with the recent changes to laws that affect HOA's in Texas during this past legislative session. Many of the new requirements were practices the Circle C HOA has already been using, but there will be changes to some of our operations. Included in these new requirements are changes to: property use (i.e. rain barrels, solar panels, etc.), election, meeting and directors, records and documents, assessments, collections, liens and foreclosures and home sale and re-sales. We are working with an HOA attorney to bring the Circle C HOA into full compliance by the January 2012 deadline. You can find a summary of all new laws affecting HOA's on our website at: www.circlecranch.info under the "RESOURCE" tab - Policies

(Continued on Page 7)



& Guidelines. You must first log into the website to view.

#### **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.

#### **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.

## AREYOU 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!

### **CCHOA HOLIDAY CLOSURES**

The CCHOA Office will be closed on: 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: 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.

## NEIGHBORHOOD SAFETY GET CONNECTED!

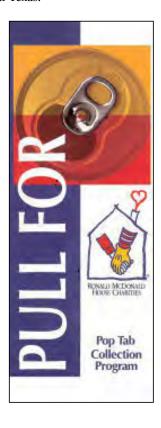
Many of you might have received some of our recent safety alerts via email (if you haven't, you can sign up for Circle C Email Announcements by logging onto www. circlecranch.info) and we wanted to bring you more ways to effectively communicate and stay in touch with safety topics in our neighborhood.

- The City of Austin conducts monthly meetings the 2nd Tuesday of each month called "Train the Trainer" where residents can learn more about how to set up a Neighborhood Watch Program in their section of the neighborhood. There will be no meetings November, December and January, but we'll have detailed meeting information in the February 2011 newsletter.
- The City also recommends that residents sign up for Citizen Observer (log onto: www.citizenobserver.com) which allows the Austin Police Department to instantly

- update you about crimes, emergencies and other important information.
- You can check out crime in your area by visiting the City of Austin's webpage: http://www.ci.austin.tx.us/GIS/crimeviewer/CrimeReportSearch.html. Click on Geographic Location Search and then choose your neighborhood (Circle C Homeowners Association is the official listing). Then you can choose your date range and a list of all crimes within Circle C will pop up.

## 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.



## Circle C Landscape

Submitted by Susan Hoover

Hello, and Happy Holidays to everyone. We hope you all enjoy the holiday lighting this year. I have to mention that some of the recent construction has temporarily suspended our electrical power at MoPac/Slaughter and Barstow, so some of the places we traditionally put lights will be dark this year. You will just have to wait for next year when all is put back together!

As predicted, our Fall this year has been very short on rainfall. As I hopefully watched clouds darken and billow, winds pick up and the other sights and sounds of impending rain, the most often result was a sprinkle or two here and there. The drought remains firmly intact, however, we are enjoying a reprieve from the hot temperatures and have had a number of very pleasant days.

Over the next few months, Circle C Landscape will be busy working on improving our abilities to efficiently water the commons areas. This is always the first and highest goal, however, the continuing drought and what additional water conservation measures may be necessary over the coming months give us a good opportunity to go above and beyond. The first priority is to install a "quick coupler" (essentially a lockable hose bib) on all of the commons areas. This allows for hand watering of trees and plants in a convenient fashion. The second priority is to locate all areas where drip irrigation could provide a better alternative than spray heads for watering. Drip is more efficient and conserves more water. Even the best maintained spray head sections are subject to our ever present winds, and often get more water on the sidewalks and streets than we like. The main area this will be useful is on our many median tips. The most challenging aspect of Circle C is the areas that have the large rotor heads that spray out huge amounts of water. This is what most of the turf in the original Circle C sections have installed, and we are looking to find ways to provide a better system. So, overall, we are looking to improve our efficiency and be able to respond to whatever regulations the City deems necessary over the coming months.

For regular maintenance, we will be mulching and applying pre-emergent weed treatment to the many perennial beds, trimming up the evergreen shrubs one more time, and continuing tree pruning. We were fortunate to have a great arborist come and clean up a good number of CCHOA owned greenbelt areas to the Texas Forest Service Fire-wise Guidelines. This was done first for the smaller fenced areas that are close to homes. We plan to continue the program throughout the areas owned by the CCHOA as funds allow. For maintenance over the holidays, just a little trimming and new mulch will be sufficient to keep your yard looking good. Hopefully, we will be headed toward dormancy for the plants, and everyone can enjoy their holiday without too much yard work!

### **RESIDENTCLASSIFIED**

**KURZWEIL SP88X**: professional electric stage keyboard with pedal, stand, and cover; Behringer Keyboard Amplifier/PA system model KX1200. Call Carol at 394-9231.

**FOR SALE:** Vintage set of Lenox Fine China, Olympia pattern. 12 place settings plus 10 accessory serving pieces, 71 pieces in all. Beautiful condition, very elegant, asking \$1,100. Call evenings 512-288-9824.

### 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.



STUDIO PHOTOGRAPHY

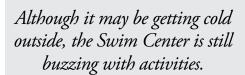
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## CIRCLE C SWIM CENTER UPDATE

Submitted by Ashley Gladden



### WINTER SWIMMING TIPS

It may be very cold outside, but don't let that scare you away from swimming. Other activities may be limited during winter, so swimming laps in a heated pool is a great way to stay in shape. We are hard at work to ensure that the pool is always heated to around 80-82 degrees. In addition to the pool heater, the lifeguards are putting on or pulling off tarps before and after each shift. These tarps lock in the heat between shifts and overnight to ensure that the pool is always at the ideal temperature. However, if the cold weather makes you resistant to swim over winter, here are some tips on swimming during cold months:

- Warm-up. You should always do a warm-up before swimming, but it's especially important to warm-up during the colder months.
- Don't forget your goggles and cap. These work wonders for swimming during colder months. In addition to these necessities, you can also wear earplugs, webbed swim gloves, neoprene swim socks, and a neoprene swim hood.
- Wetsuits are a great investment for swimmers who plan on swimming during winter. Wetsuits trap a thin layer of water in between you and the wetsuit. Your body quickly warms up this water which keeps you warm. Make sure that the wetsuit fits correctly, or else it won't do its job.
- Purchase a swim parka. These long coats will protect you from the cold, wind chill, and wetness. They are perfect to wear before and after a swim.
- Bring an extra towel. This is helpful in case one gets wet, or you can use one to dry off with and use the other to keep warm with.
- We have showers and heaters in the restrooms, so feel free to take a warm shower after your swim.

• Never swim if the temperature outside is 32 degrees or lower. The Swim Center will be closed in such a case.

Just remember, swimming is learned through repetition. Swimmers who swim all year round maintain their level of skill and fitness, so starting and stopping swimming throughout the year will not show any progression. Don't let the cold weather scare you, the warm water feels great!

### **ADULT MASTERS PROGRAM**

Our Adult Masters program is still going strong through the winter, and it's never too late to join. This program is an adult technique and conditioning class taught by Hayley McGregory. This class will teach you how to swim faster with less effort. It is for adults of ALL abilities. We will incorporate drills for all four strokes into structured practices that will also increase your endurance.

Check online, www.ccswim.net, for practice days and times.
Price: \$50/month for residents, \$60/month for non-residents

About Hayley: Hayley comes to us with many accomplishments in the world of competitive swimming. Among these are breaking two world records, winning multiple national titles and placing third at the U.S. Olympic Trials. Hayley is a passionate and dynamic coach that encourages her swimmers and provides them with timely feedback and technical input to help them improve and become a stronger competitor. Contact the Swim Center at 512.288.6057 to register or for any questions.

### **OTHER FACILITIES**

For those who aren't interested in swimming during the winter, don't forget that we offer plenty of other facilities, including the playground, basketball court, and the volleyball court. We have elected to leave the parking lot gate open to these facilities outside of swim center hours —

however, please note that the amenities are only open to 10pm each night.

The only times that the gate will be locked, will be during normal Swim Center business hours, when the pool is open. In such a case, you can enter through the front desk and all Swim Center policies will remain in effect. Make sure you remember your pool ID. Even though you aren't swimming, we will still check you in to ensure that you are a Circle C residents and current on your HOA dues. You are still welcome to bring guests to the other facilities but they will still need to sign in and pay the \$3 fee, and no more than four guests per household. It's a great time to enjoy these facilities, so come join us!

### **WINTER HOURS**

Oct. 17, 2010 - Mar. 12, 2011

- Monday-Friday: Lap swim only, 6 to 10am and 3:30 to 7pm
- Saturday: Lap swim only, 8 to 11am
- · Sunday: Closed

Lap swim only during winter. The wade pool and recreational area are closed for the season.

#### **HOLIDAY HOURS**

Winter Break, Dec. 21-23, 2011 *Lap Swim:* 8-11 a.m. only

Winter Holiday, Dec. 24-31, 2011 *CLOSED* 

### **SELECT SWIMTEAM**

### **HOLIDAY PRACTICE TIMES**

Due to the winter hours, some practice times have changed for the month of December. December 21-23, practice times will follow the regular Saturday practice times, and December 26-31, there will be no practice due to the Swim Center being closed.

(Continued on Page 10)

## **CCHOA News**

Circle C Swim Center Update (Continued from Page 9)

### **DECEMBER BIRTHDAYS**

We'd like to send wonderful birthday wishes to the following swimmers with December birthdays.

Nicholas Ray (5th)

Michael Martinez (12th)

Caedon Spencer (13th)

Liam Spencer (13th)

Angela Underwood (15th)

Galen Martens (17th)

Everest Maher (19th)

Larry Pan (23rd)

Happy birthday to all!

Hope it's great!

### **JOINTHE SELECT SWIMTEAM!**

We may be more than half-way through the competition season, but this is a year-round team, and it's never too late to join. We are always accepting new applicants. If you are interested in arranging a try out, contact Head Coach, Hayley McGregory, at select@ccswim.net. Also, check out the swim team website at http://select.ccswim.net.

### **REINDEER RACES**

Don't forget about this month's meet. Reindeer Races will take place Dec. 3-4 in Corpus Christi.







October swimmers of the month - from left to right; Frank Wei, Caedon Spender, Kaitlyn McDaniel

### **SWIMMERS OF THE MONTH**

Congratulations to the October swimmers of the month!

From the White Team, Frank Wei is by far the most improved swimmer in the White group this month. His swimming skills have improved tremendously with the help of his outstanding attendance and great listening skills.

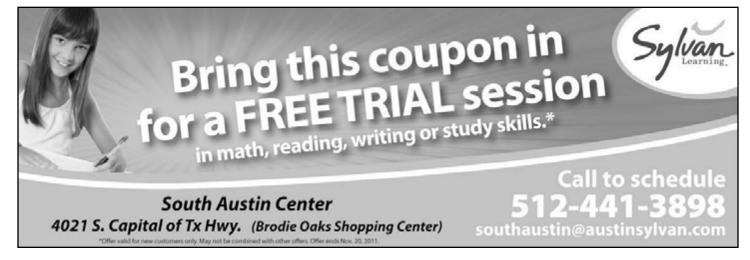
Caedon Spender is the Silver Team's swimmer of the month. Since moving to the Silver group, Caedon has done an amazing job in every practice. He provides his teammates motivation with his positive attitude and desire to improve. His hard work in practice is unmatched, and his high

energy is a welcomed aspect of his training style in the Silver group.

Kaitlyn McDaniel, from the Black team, has had several stellar meet performances over the past few weeks, which is due to her good attendance, amazing work ethic and her greatly improved attitude.

### **OCTOBER MEETS**

We would like to send out a huge congratulations to all the swimmers who participated in the October meets, The Great Pumpkin Invitational and the Spooky Sprint Meet. On Saturday at the Great Pumpkin Invitational, 100% of the Select team's swimmers placed. Wow! Way to go team! Keep up the great work!





### Park West HOA News

(Specifically for Park West Residents)

Submitted by Dorian de Wind

### **MESSAGE FROM THE BOARD**

December, the holidays and a New Year are suddenly upon us.

Reflecting upon 2011, Park West residents can be rightly proud of how their community continues to be a wonderful place to live in. A lot of the credit goes to the members of our various committees who selflessly volunteer their time and efforts to make Park West such an enjoyable community. Then, we have those residents who perform so many good deeds for their neighbors -- oftentimes unseen and unheralded -- whether it be taking care of their neighbors' sprinklers or trash cans during their absence, repairing our gate, taking care of our mail centers' flags or returning home a stray pet. Finally, as Texas, the Austin area and Park West went through a period of the worst heat, drought and fire danger in recent memory, our community came together in an admirable way and responded to the challenge.

The Board thanks each and every one of you and wishes you and your families a most joyful holiday season and our best wishes for the New Year.

And, talking about the season to be jolly, "deck the halls with bows of holly" but please remember that the Park West HOA rules permit outdoor holiday lights and decorations from Thanksgiving through New Year's day and that they must be removed no later than January 15.

## UPCOMING VACANT POSITIONS AT THE PARK WEST HOA BOARD OF DIRECTORS

Submitted by the

Park West Nominating Committee

Since 1990, twenty-six of your neighbors have served on the Park West HOA Board of Directors. They learned how our Association works, met interesting neighbors, and contributed to making Park West a better place to live. Now is the time for you to consider serving on the Board. As a Director, you can do your part in keeping Park West a safe and attractive community with strong resale values.

Three Director positions are coming open at the February 7, 2012, Annual HOA Meeting. A Nominating Committee will work with interested homeowners to ensure the best possible candidates are presented to the Membership. If you are interested in being a candidate for the Board or would like to learn more about the duties of the position, contact Committee Chair Dave Maril at davemaril@aol.com, or 301-8869, for further information.

### **LANDSCAPER NEWS**

Sprinkler system checks slowed down as the heat finally gave way. We had 2-3 checks and 2-3 repairs during the month. I have noticed that despite the reduced watering a lot of the damaged grass (due to the extreme heat) has begun to fill in, slowly but surely.

Also, a lot of bushes and shrubs have new growth on them and roses are resetting their blooms. The fall months give large bushes and ornamental trees a reprieve and they typically make headway in repairing themselves and putting on new growth. Last year I remember seeing a lot of damaged Italian cypress make progress in filling in holes in their canopies and adding height.

We moved all the sprinkler heads in the grass strip along the street at the West mail center to provide better coverage and bring this grass back (center strips sprays to center). We will over-seed this strip in the spring so that it will fill in more quickly.

We changed the seasonal color in the beds at both mail centers. Someone drove over the large circular bed at the east end making a nice round tire track around the perimeter of the cactus bed; we fixed it. Someone else decided they wanted to see what pressure seasonal color could live under and drove over our newly planted bed at the West mail center; we fixed it as well.

The water bill at the East mail center was reported to be high. We will start taking the hose with us to make it more difficult for the persons who may be using it when they shouldn't be, if this is the case.

Thank you.
Scott Smith, Pearson Landscape Service

(Continued on Page 13)



Escarpment Village Northwest Corner Bldg. H

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> - Circle C Animal Hospital Family Owned & Operated

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### Park West HOA News

(Continued from Page 12)

## WOULD YOU LIKE TO HEAR BETTER?

I am a senior citizen vain enough not to divulge my exact age, but pragmatic enough to admit that I have lost some of my hearing and, sooner rather than later, will have to wear some kind of a hearing aid.

It is a fact that more than 30 percent of people over 65 have hearing loss.

It is also a fact that Park West has a large number of senior citizens who, like me, may one day have the need for a hearing aid.

Finally, it is my assumption -- based on anecdotal evidence -- that many hearing aids do not perform well in noisy situations such as at social gatherings or in restaurants, or do not have enough fidelity to pick up all the beauty of, say, a concert or musical.

Some wear special headsets supplied by theaters and other public places, but they find themselves still frustrated by "the sound quality, static and interference."

Well, there is hope for all of us.

The *New York Times* reports in a recent article that there is technology, a "hearing loop," which has been widely adopted in Northern Europe and is now starting to make its way into public places in America that has the potential to "transform the lives of tens of millions of Americans." Through the use of "loops" -- thin strands of copper wires strategically installed around the periphery of a room or spaces such as in stores, banks, museums, theaters and even subway stations -- the electromagnetic signals can be picked up by a tiny receiver "already built into most hearing aids and cochlear implants."

When the receiver is turned on, the hearing aid receives only the sounds coming directly from a microphone picking up the singer's song, the orchestra's music,

the pastor's sermon, etc., and "not the background cacophony."

The "receiver," called a telecoil can be attached to a hearing aid and has been around for years. However, in the U.S. such telecoils were traditionally sold as an optional accessory at an extra cost of about \$50. But today, these telecoils are "built into two-thirds of the hearing aids on the market as well as in all cochlear implants, so there is a growing number of people able to benefit from loops."

Please read more about this technological advancement that can improve and enhance our appreciation of music, of conversation, of our grandchildren's precious words, here: http://www.nytimes.com/2011/10/24/science/24loops.html

### **KUDOS TO A NEIGHBOR**

Congratulations to Jackie Rollins who was recently elected 2012 National Vice Chair of

(Continued on Page 14)



## Park West HOA News

### Park West HOA News-

(Continued from Page 13)

the Taxpayer Advocacy Panel (TAP). The TAP is a Federal Advisory Board comprised of citizen volunteers appointed by the Secretary of the Treasury to help improve the way the IRS works. An important part of her role as Vice Chair will be to convince the taxpaying public that when ideas and issues are brought to the TAP, they are brought to an unbiased group who takes them seriously and uses its power as a Federal Advisory Board to influence the IRS. You can read more about Jackie's role on the TAP in the main section of this newsletter.

## WANT TO GET INTO THE CHRISTMAS SPIRIT EARLY THIS YEAR?

Submitted by Leta Dalton

Attend the Eighth Annual Holiday Bazaar presented by the Seton Southwest Medical Hospital Volunteers on Friday, December 2. This annual event is shaping up to be a colorful celebration that will include delicious food, holiday music, a silent auction and a great shopping experience.

Ticket prices for this year remain at \$20 each or two for \$35. Wine and food tasting are included in the price of the ticket. Proceeds will benefit Seton Southwest Hospital. In addition some of the

funds will be used toward Sister Jean's Nursing and Allied Health Scholarship Endowment.

The Yule Tree will be covered with prizes galore! Shoppers may purchase special numbered ornaments from this tree. Each ornament guarantees a surprise gift item that is valued at more than you paid for the ornament.

Please plan on joining us from 6:30 to 9:00 p.m. at Seton Southwest on FM 1826 on December 2. What better way to begin your holiday season early this year at your very own community hospital. (You can buy tickets at the door or get them from Leta Dalton in Park West)

#### **SEEYOU NEXTYEAR**

As the Park West Column rounds off yet another year, remember "It is your column." Your column's present and past editors thank you for your inputs and readership this past year and would like your help to make it even more appealing to the Park West community in 2012. Please contact Dorian de Wind at ddewind@austin.rr.com with your inputs. Wishing you a joyous holiday season and all the best in the New Year.





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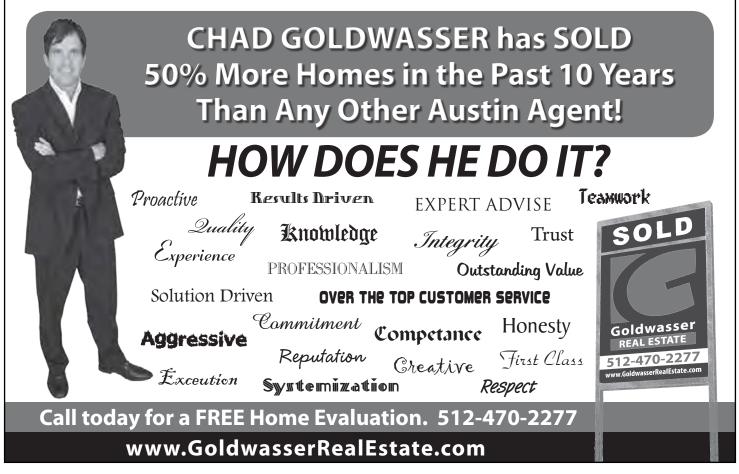


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### **Circle C Tennis News**

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

### CIRCLE CTENNIS CLUB HOSTS OPT ADAPTIVE TENNIS CLINIC



Players participating in the OPT Clinic

The "Orthotic and Prosthetic Technologies Adaptive Clinic" held at the Circle C Tennis Club on October 8, was a resounding success. Over 15 players with prosthetic aids and four players in wheelchairs had an opportunity to play tennis with Circle C Pro-Emeritus, Dennis Ralston, and General Manager and Director of Tennis, Fernando Velasco. The players ranged in age from 7 years old to 75 years plus.

This is the third consecutive year that Circle C Tennis Club has hosted this special clinic, with the goal that players with special needs become acquainted with the "game of a lifetime". The event was sponsored by Aaron Foreman, owner of the "Orthotic and Prosthetic Technologies of Austin." Circle C resident, Mike Haynes, is an expert at (Continued on Page 17)



### Circle C Tennis News- (Continued from Page 16)

playing Wheelchair Tennis tournaments and has competed all over the United States. He was happy to share his experiences and skills with the rest of the players and the coaches. Also, Coach Ralston, a former US Open and Wimbledon Champion, had some excellent advice for all of the players on how to adjust to playing with their new challenges in life. He lost part of his leg a year and a half ago

after having surgery. Now he is back on the court teaching and coaching players of all levels and abilities.

Circle C Resident Mike Haynes being coached by Dennis Ralston



## QUICKSTART CIRCLE CTENNIS PLAYERS COMPETE WELL AGAINST LTATENNIS TEAM



(Left to right:) Kaleigh Shumaker, Arik Suez, Gabriela Saidleman, Carina Vockell, Jayden Macias, Jordan Jewell, Satvick Raghunathan, Megan Zeng, Alyssa Gorden, Coach Mari. (Not in picture:) Cole Rudy, Sydney Marin, Eleanore Nelson and Khael Kluger.

The Circle C Tennis Club QuickStart 10 and Under Team participated in the 2011 Austin USTA Tournament. In the first round, they lost to the Lost Creek team by the score of 2-7. In the Consolation Round, on Saturday, October 29, they defeated the team from LTA by the score of 6-3. This is the first exposure of competition for the Grand Prix Tennis players of the Club. They play with smaller tennis rackets, special tennis balls and reduced courts of 60 feet long instead of the 78 feet long. Circle C Tennis Club Coach Mari mentions "playing with these special rackets, balls and court size, gives the players a chance to hit the ball more often and helps them achieve a greater enjoyment of the game". She and the parents were most impressed with the quality of play and more importantly with the fun and that the participants had. The Circle C Tennis Club team will be playing in the finals of the tournament at a later date.

Thank you to D.Hackett/USTA Tennis for the OPT pictures.



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Lakshmi S. Chittajallu, DDS

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## MY SUPERHERO

Submitted by Julie Arevalo

Canella & Caidyn enjoy jumping on the trampoline together, and eating popcorn on the front porch. They share a lot including December as their birthday month.

Happy Birthday to two special girls!!!



## 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 th Circle C Newsletter. E-mail your pictures to info@circlecranch.info by the 10th of the month.



## Seton Southwest Holiday Bazar

Submitted by Marilyn Cannon

December 2 -6:30 9:00 pm Seton Southwest Volunteers present Hard Candy Christmas Holiday Bazaar. Enjoy wine tasting and hors d'oeuvres from some of Southwest Austin's favorite restaurants while strolling the bazaar to the sounds of holiday music. The silent auction, Yule Tree and private shopping will highlight your evening. Tickets are \$20 each or two for \$35. Contact Great Habits Gift Shop located at 7900 FM 1826 or call 324-9018 for your tickets.

### **SEND US YOUR**

Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to <u>info@circlecinfo.com</u>.

Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.

## **Clayton News**

Submitted by Stefanie Clegg

The great programs at Clayton Elementary rely on parents and community volunteers. Immediate volunteer opportunities include a Grant Writing Committee, Clayton Cultural Celebration, and SOAR reading program. To find out more about these amazing programs and to sign up now, please contact volunteers@claytoncardinals.org.

For news and upcoming events, please visit www.claytoncardinals.org

## Circle C Resident Elected Vice Chair of Taxpayer Advocacy Panel

Jackie Rollins, a Park West resident, was recently elected to serve as the 2012 National Vice Chair of the Taxpayer Advocacy Panel (TAP), an independent Federal Advisory committee established under the authority of the Treasury Department. Panel members are a diverse group of citizen volunteers representing the entire nation who listen to taxpayers, identify issues and make suggestions for improving IRS service and customer satisfaction.

Jackie is one of 84 volunteers currently serving a 3-year term on the panel. She represents local taxpayers as well as works on national issues. As Vice Chair, and in her third and final year on the panel, she will be heavily involved in overseeing outreach initiatives that focus on identifying "grassroots" tax and systemic issues from





individual taxpayers, small business owners and the tax professionals who help them navigate the complexities of the tax code, in order to make recommendations to the IRS.

TAP primarily concentrates on Wage and Investment and Small Business/Self Employed issues. The panel does not consider legislative issues nor do they assist with individual tax problems. TAP members devote 300 – 500 hours yearly to the panel and as many as 700 hours yearly in a leadership role such as Jackie's.

If you have suggestions for improving IRS publications, forms, procedures or customer service, Jackie is the one to contact at (512) 940-5745 or JackieRollins02@aol.com. You can also visit TAP's website at www. improveirs.org or call 1-888-912-1227 for more information.



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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!





**SquiresTeam.com** 

John's "Sell" phone is (512) 970-1970!

Hey Circle C! The Squires Team wants to thank you for another fantastic year in Circle C Ranch real estate, thanks to all of our past client's referrals! John Squires is, hands down, the #1 selling realtor in Circle C Ranch history with approx. 350 homes "Sold!" since the inception of the neighborhood according to the "Austin Board of Realtors" statistics! If you would like an honest, accurate market profile of your home, please contact John at (512) 970-1970 for an easy appointment. His fiduciary responsibility is to your wallet, not his. That is why John sells his client's homes for more money than competing agents thought they were even worth in many instances. That's because he knows the neighborhood better and sells the neighborhood better than any other agent. This coming January is going to be crazy-busy as ever, as there are scores of buyers out there still, waiting for that one special property to come on the market. List early to avoid the Spring rush and sell your house for more due to the lack of nice, properly priced homes on the market. John will ensure a smooth transaction start to finish! Happy Holidays!



"We interviewed John to list our home, because we have seen his signs throughout the neighborhood for years and they were usually "Contract Pending" or "Sold". John saved us money by professionally staging the home for free and suggested some alternative marketing ideas that had qualified buyers pouring through the home 3-4 times per day from the very start. John negotiated an excellent price and we were under contract within 11 days with multiple offers! We couldn't have asked for our home sale to have gone any smoother. John is a true professional and certainly knows Circle C! Thank you for everything." Sebastian and Molly Rodrigano 7817 Haggans Lane Enclave Estates



Below is a partial list of homes John Squires has sold over the many years of Real Estate service in Circle C Ranch. When selling Circle C Ranch, EXPERIENCE COUNTS!

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Go to: www.SquiresTeam.com for virtual tours, pictures, new listings and neighborhood information!

6520	ABEN COURT	SOLD!	10206	DAHLGREEN	SOLD	9325	MARDEN MANIPARI LANE	SOLD!	7304	SENECA FALLS LP	SOLL
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900	COLBERGLANE	SOLD !	11420	LAFTITE LANE	SOLDI	10712	RIGSBEE CT	SOLDI	5836	VAN WINKLE	301
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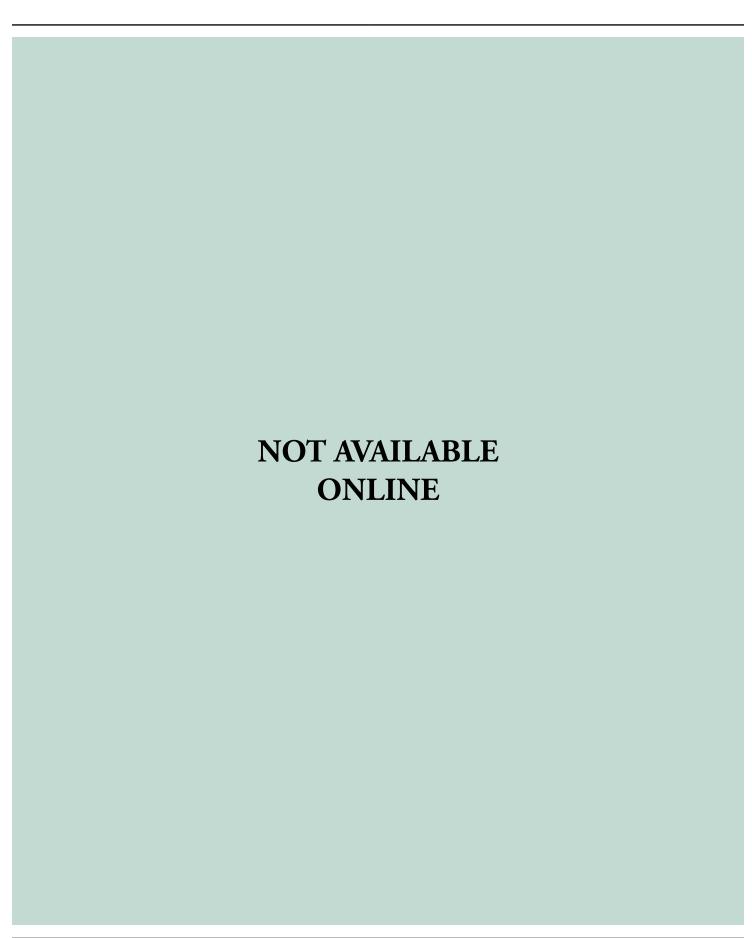


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As a recipient of a gift, have you ever turned around to immediately give a gift back to the giver? Many who have received coats for their children and grandchildren at the annual Coats For Kids distribution day have returned the same day to volunteer. They gave their gifts right back to the community, a circle of service truly indicative of a successful program.

Coats for Kids is a program in its 25th year that provides warm winter coats each December to disadvantaged children and teenagers in Central Texas through a community-wide collection and distribution process. Each year, The Junior League of Austin, Jack Brown Cleaners, KASE 101 and KVUE partner with the community to ensure the children of Central Texas stay warm. On average, 30,000 coats are distributed per year with the help of over 2,600 community volunteers. So how can you participate? Donate a new or gently-used coat to your nearest Jack Brown Cleaners, organize a coat drive through many outlets in your community (schools, places of worship, offices, neighborhoods), volunteer during sorting days or distribution days or spread the word.

#### **FACTS**

- Distribution Day: Saturday, December 10th from 8:00 AM - 3:00 PM
- Distribution Site: Palmer Events Center, 900 Barton Springs Road
- Community Coat Drive: Monday, November 14th through Wednesday, December 7th. Please drop your coats off at any local Jack Brown Cleaners.
- School & Business Coat Drive Competition: Monday, November 14th through Friday, November 30th. Please drop your coats off at any local Jack Brown Cleaners. To register, go to the JLA website: www. jlaustin.org/coats.
- Volunteer: Please join us to help sort coats December 6 - December 9 and/or to distribute coats to children on December 10. Register at www.jlaustin.org/coats.

Find all details about Coats For Kids at http://www.jlaustin.org/coats



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## Keeping Children Safe on Holiday Road Trips

As millions of families prepare for their annual holiday road trips, Texans In Motion at Scott & White Healthcare would like to encourage parents and caregivers to keep safety in mind as they travel. The National Highway Traffic Safety Administration estimates that three out of four car seats are improperly installed.

## FOLLOWING ARE SOMETIPS TO ENSURE THAT YOUR CHILD IS RIDING SAFE:

- ALWAYS Buckle Up no matter if the trip is long or just a quick ride into town.
- Keep your child in the back seat at least through age 12.
- The best car seat is the one that fits your child, vehicle and budget.
- Read car seat and vehicle instruction manuals to ensure proper installation.

- Safety seats should move no more than 1" from the car seat's belt path.
- Harnesses should be snug with the retainer clip at chest level.
- Booster seats are highly recommended for fourth to seventh graders who are under 4'9 tall and may not fit the adult seat belt.

Keeping these simple tips in mind may not reduce backseat sibling squabbles, but will help increase peace of mind when it comes to your child's safety.

Texans In Motion is an injury prevention program sponsored by the Trauma Center at Scott & White Healthcare, in cooperation with the Texas Department of Transportation. The program serves 11 Central Texas counties and focuses on child passenger safety. Our mission is to increase child passenger safety restraint use and reduce

the number of deaths and injuries to children in motor vehicle crashes through educational programs, activities and check-up events. Staff is certified under part of the National Highway Traffic Safety Administration's National Standardized Child Passenger Safety Training Program.

All services provided by Texans In Motion at Scott & White Healthcare are FREE. For more information about car seats or to find a car seat inspection event in your area, please contact Texans In Motion at Scott & White Healthcare at 512-336-3423 or 512-509-0200 or visit sw.org.





### WASHYOUR HANDS

### **REDUCING SPREAD OF DISEASE WHILE AT HOME & WORK**

By: Concentra Urgent Care

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease-many could be avoided if everyone properly washed their hands. From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple factholds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

### WHEN TO WASH YOUR HANDS

The CDC recommends washing your hands every time you:

- Prepare or eat food
- Use the restroom

- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change diaper or clean up after children
- Handle an animal or animal waste

### HAND WASHING BASICS

The CDC has issued specific guidelines about effective hand washing:

- Wet hands with water
- Use plain bar or liquid soap
- Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing "Happy Birthday" twice
- Be sure to wash palms, back of hands,

fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)

• Rinse off soap under a stream of water

### WHAT ELSE CANYOU DO?

- Focus on hand washing in the lunch and/ or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.
- Remind your colleagues of the importance of hand washing, particularly when you witness someone neglecting to wash his or her hands.





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## Recipe of the Month Sour Cream Apple Bars

- 2 C flour
- ½ tsp. salt
- 2 C brown sugar, firmly packed
- 1 C sour cream
- ½ C oleo, softened
- 1 tsp. vanilla
- 1 C chopped pecans
- 1 egg
- 1 tsp. cinnamon
- 2 C peeled, finely
- 1 tsp. soda
- chopped apples

Preheat oven to 350°. In large bowl, blend flour, brown sugar, and oleo until crumbly. Stir in pecans. Press 2-3/4 C of the crumbs into an ungreased 9x13 pan. To the remaining mixture, add cinnamon, soda, salt, sour cream, vanilla, and egg, blending well. Stir in apples. Spoon evenly over first layer. Bake 25 - 35 minutes or until toothpick comes out clean. Cut into squares and serve with whipped cream if desired.



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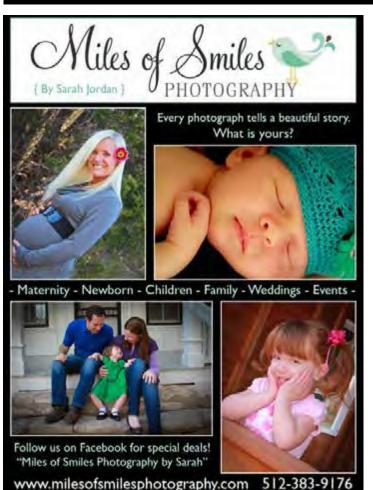
## **ADOPTION COALITION**

Conner is a 10 year old energetic child who enjoys skateboarding, karate and playing basketball. He also likes to play with puzzles, action figures and lego's. Conner is very creative and loves to draw and paint. Conner needs a patient, committed adoptive family that will provide him with unconditional love and support. He will benefit most by being the youngest child in the home or the only child.

For more information, please contact Stephanie Berka, Wendy's Wonderful Kids Recruiter at Adoption Coalition of Texas 512-450-8750 or stephanieberka@adopttexas.org



## adoptioncoalitiontx.org





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## NatureWatch - Silent Flight

by Jim and Lynne Weber

One of the most unique adaptations in the natural world is the silent flight of owls. Their primary flight feathers have comblike leading edges, which break down the turbulence created by air flowing over their wings and allow these birds to fly with great stealth.

The Barred Owl (Strix varia) goes by many other common names, but is probably best known as the 'hoot owl', due to its call ('who cooks for you, who cooks for you all'). This owl prefers to live in large blocks of forest, especially near water, and in our area is most often found near the Colorado River and its associated lakes and streams. The only typical owl in the eastern United States with brown eyes instead of yellow, the Barred Owl has a pale face, dark rings around its eyes, and a yellow beak. Its head is round and lacks any ear tufts, and its body is a light gray-brown mottled by horizontal barring on its chest and lengthwise streaks on its belly.

A medium-sized owl at 17 to 19 inches tall with a 40-plus inch wingspan, the Barred Owl has been expanding its range westward in the last century. Like the Eastern Screech Owl, its main predator is the Great Horned Owl, and although they often live in the same area, they will avoid overlapping territories. They eat small mammals, birds, and invertebrates, as well as amphibians and reptiles, and often wade into water to catch crayfish, fish, and turtles. In fact, the belly feathers of some barred owls are tinged pink, most likely due to the amount of crayfish in their diet.

Barred Owls typically nest in cavities of deciduous trees, use open nests made by larger animals such as hawks, crows, or squirrels, and even man-made nest boxes. Although they are permanent residents, they may wander after the nesting season, often coming back the following year to reuse the same nesting site. In Central Texas, 2 to 4 eggs are laid in January, with hatching occurring in 4 weeks and the young fledging 4 to 5 weeks later. Hunting occurs largely at dusk and dawn, by waiting on a perch and swooping down on prey. Of all the owls in Texas, however, the Barred Owl is the one most likely to be active during the day, especially when hunting for food to feed hungry chicks.

The most widely distributed owl in the world and the most widespread of all birds is the Barn Owl (Tyto alba). With a white or mostly white underside, lightly spotted breast, dark eyes and a heart-shaped, white face surrounded by a tawny halo, its scientific name literally means 'white owl', but it is also known as ghost owl, death owl, and demon owl due to its appearance and eerily silent flight. Long legs, a round head with no ear tufts, and drawn-out, hissing scream for a call add to the image conjured up by its common names.

Found in open habitats such as grasslands, marshes, and agricultural fields, this owl hunts at night by flying low over the ground, looked for small mammals. While it has excellent low-light vision, it is its ability to

locate prey by sound alone that sets it apart from any other animal species. With a 12-15 inch length and a 40-50 inch wingspan, the Barn Owl is one of the few bird species where the female is showier than the male. Having a reddish chest marked by more numerous spots, those females that are heavily spotted appear to be more successful at mating, raising chicks, and resisting typical parasites and diseases.

Barn Owls can breed up to few times per year, depending on the food supply. During courtship, both the male and the female screech, and the male will then conduct what is known as a 'moth flight', where he hovers in front of the perched female with his long legs dangling, for several seconds. Barn Owl pairs typically remain together as long as both are alive. Their clutch size can vary widely from 2-18 eggs, which are laid in nest cups made from shredded owl pellets. These owls use both man-made structures such as nest boxes and buildings, or natural cavities in trees and cliffs, for locating their nests.

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them.





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## HEALTH BRIEFS - DECEMBER 2011

### **ALLERGIES:** KNOW YOUR TREATMENT **OPTIONS**

Allergies got you down? Dr. Madhu Narra, assistant professor of medicine in the section of allergy, immunology and rheumatology at BaylornCollege of Medicine offers some tips to help manage. Fall is the blooming season for weeds such as ragweed while spring allergies are from blooming trees and grasses. Indoor allergens such as dust mites can cause symptoms all year round. it is important to be aware of what you are allergic to so that you know when to look out for these allergens, said Narra.

Symptoms include runny and itchy eyes and nose, sneezing, congestion, drainage and cough. Some people may experience wheezing and trouble breathing.

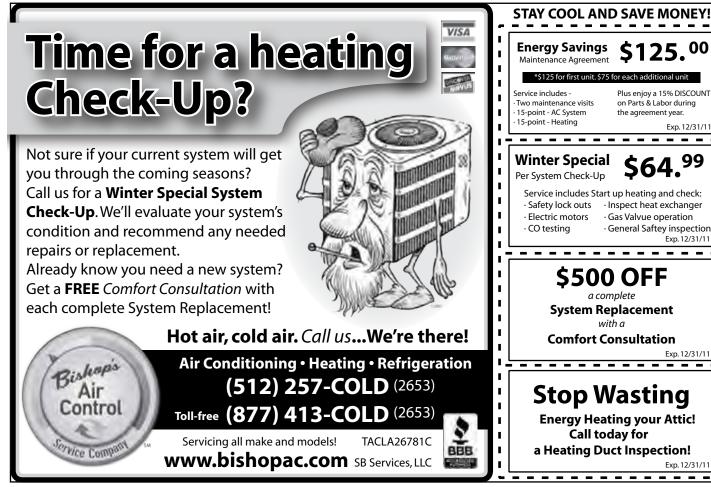
- For mild allergies, consider over-the-counter medications like loratadine or cetirizine that usually do not cause drowsiness
- Keep your windows closed during peak pollen season. You can track pollen counts
- Clean pets before they enter the house so that they don't carry pollen into the home
- Do not dry clothes outside where they can pick up pollen
- Wear a mask or nasal filters when mowing the lawn to prevent allergens from getting into the nose
- If prescription medications and nasal sprays do not help much or if long-term relief from severe allergies is desired, consider getting allergy shots, which can provide long lasting relief with four to five years of treatment

#### **WINTER WEATHER & SKIN CARE**

Summer may be over, but protecting your skin should remain a priority. "Colder temperatures, wind and sunlight work together to cause irritation to your skin," said Dr. John Wolf, professor and chair of dermatology at BCM. "It is difficult to distinguish between windburn and sunburn, so it is a good idea to focus on overall skin care." Wolf suggests using extra moisturizer as well as moisturizing sun block with an SPF of 30 or higher, especially if planning a winter trip to a higher altitude where ultraviolet rays from the sun are more

Chapped lips and fever blisters also can be provoked by the cold, wind and sun. People who suffer from severe outbreaks

(Continued on Page 33)



### Health Briefs - (Continued from Page 32)

of fever blisters may want to talk to their doctor to see if there are prescriptions to prevent such outbreaks Wolf says. Chapped lips are more prevalent during colder months as well, but using a lip balm with an SPF factor of 30 or even a thick coat of zinc oxide may help keep them at bay.

During colder weather many people will take hot showers, sit in a sauna or even enjoy a hot tub. Wolf said this can actually increase dry and itchy skin. He suggests using moisturizer while still damp, before completely drying off.

### TEACH KIDS TO ENJOY TREATS IN MODERATION

From Halloween to the new year, kids are tempted by pies, cakes and other treats. However, according to experts at Baylor College of Medicine, the holidays are no excuse for parents to let kids overeat and divert from their normal eating routine.

"You have to keep meals and snacks under some control no matter what day of the year it is," said Dr. Karen Cullen, associate professor of pediatrics at the USDA/ARS Children's Nutrition Research Center at BCM. Cullen says a good plan is to save holiday treats for snacks, and be sure that they are an appropriate portion size for that snack. Consider freezing treats to save for later use. Parents should be serve as positive role models by continuing to serve and eat regular balanced meals. In addition, they should encourage children to try

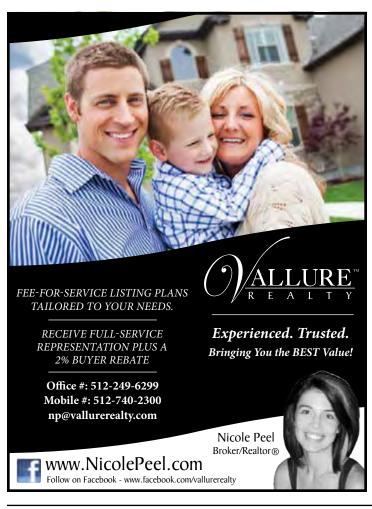
fruits and veggies that are offered at holiday parties.

## OLDER ADULTS CAN FIGHT FRAILTY THROUGH RESISTANCE WEIGHT TRAINING

Imagine not being able to stand up because you can't carry your own body weight. To prevent this, incorporate resistance weight training into your routine, said an expert at Baylor College of Medicine. "As we age, we slowly start to lose lean muscle mass, and resistance weight training is the only way to slow this down," said Dr. Robert Roush, associate professor of medicine - geriatrics at BCM. "It's never too late to start."

Resistance weight training can consist of weight lifting, using weight machines or any other exercise activity that creates some sort of resistance. This should go along with a regular cardiovascular exercise plan, said Roush, who is also with the Huffington Center on Aging at BCM.

Always check with a qualified health care provider before starting any exercise routine. Try to find a gym with senior benefits or share a personal trainer with friends to learn proper technique. If a gym is not an option, try using stretch bands and dumbbells at home. Activities such as swimming, climbing stairs and walking at an incline can also provide resistance. Regardless of whether one goes to a health club or exercises at home, the key is to follow recommended regimens





## **Travis County Sheriff Programs**

Submitted by the Travis County Sheriff's Department

### **Personal Safety Programs**

### **Child Safety Seat Fitting Stations**

Parents in Travis County are welcome to visit monthly Child Safety Seat Fitting Stations on the first Wednesday of every month. This is a FREE service provided in partnership with Texans in Motion. For more information, contact: Andrea Buckley, (512) 854.7786 Carrie Fortner, (512) 854.6615

### Consequences

A very dynamic, personal and direct conversation with youth regarding the positive and negative affects of choices; includes personal perspectives to provide a true reality check for adolescents. For more information, contact: Derrick Taylor, (512) 854.4315

### **Project Lifesaver**

Project Lifesaver is an internationally recognized program designed by law enforcement for law enforcement that assists in bringing home lost individuals. Through the use of radio frequency technology, the client wears a wristband that assists law enforcement when conducting a search for a missing person.

For more information, contact: Andrea Buckley, (512) 854.4384

### **RoadShare Cycling Safety**

This program educates adult cyclists and motorists on the importance to share the road to reduce cycling/traffic accidents; emphasis is placed on traffic laws and common courtesy.

For more information, contact: Andrea Buckley, (512) 854.7786 Carrie Fortner, (512) 854.6615

### Seniors & Law Enforcement Together (SALT)

Establishes an effective partnership between seniors and law enforcement services; working toward the reduction of crime and victimization of older persons and provide assistance to elder victims. For more information, contact: James Kitchens, (512) 854.8413

### **Shattered Dreams**

Shattered Dreams is an educational experience that reminds teens of all the dangers associated with drinking and driving. Teens are reminded that too many lives have already been lost and countless others severely impaired because of the tragic consequences of underage drinking and drinking when combined with driving. For more information, contact: Derrick Taylor, (512) 854.4315

### Students Against Violence Everywhere (SAVE)

Travis County Sheriff's Office is a chapter of the national SAVE organization created by students for students. SAVE's mission is to decrease the potential for violence in schools and communities by promoting meaningful student involvement in efforts to provide safer environments for learning, and is implemented in Travis County elementary and middle schools.

For more information, contact: Andrea Buckley, (512) 854.7786 Carrie Fortner, (512) 854.6615

### Stranger Danger/Child ID

Children are taught what to do when approached by strangers, including role-playing and what-if situations to ensure they understand how they can be tricked by strangers. Child ID Events are also provided to obtain fingerprints of your child for you to keep in the event your child goes missing.

For more information, contact: Vince Galloway, (512) 854.4989 James Kitchens, (512) 854.8413 Derrick Taylor, (512) 854.4315

### **Teen Dating Violence Awareness**

School presentations to help adolescents form healthy relationships to prevent dating abuse before it starts. The marketing of this program is emphasized through an annual PSA contest for area high school students, along with the Austin Film Festival.

For more information, contact: Andrea Buckley, (512) 854.7786 Carrie Fortner, (512) 854.6615 Kelly Page, (512) 854.4392

### **Educational Programs**

### Citizens' Academy/Alumni

Provides citizens with a working knowledge of the criminal justice system as it works in our county; to increase awareness, dispel suspicions and misconceptions, and increase Sheriff's Office and community rapport.

For more information, contact: Vince Galloway, (512) 854.4989

#### Citizens On Patrol Services (COPS)

Dedicated volunteers organized to serve as eyes and ears of the Sheriff's Office; each volunteer has completed the Citizens' Academy and the Alumni Class.

For more information, contact: Vince Galloway, (512) 854.4989

#### Explorers Post No. 1099

Weekly classes for youth between 14 and 20 providing hands-on practical training to develop a greater understanding about criminal justice and the role played by the Sheriff's Office.

For more information, contact: Derrick Taylor, (512) 854.4315

### Volunteers in Police Service (VIPs)

Organizes citizens interested in volunteering their skills in all areas of the Sheriff's Office -- everyday safe aspects of a law enforcement agency, to provide understanding and enrichment.

For more information, contact: Carrie Fortner, (512) 854.6615

### **Community Events**

### Extravaganza

An annual event that fosters community spirit in a family atmosphere to bring citizens together with businesses, social services and law enforcement.

For more information, contact: Derrick Taylor, (512) 854.4315

## Scott & White Cancer Research Institute Receives \$3.5 Million Grant

## ONLY CENTRAL TEXAS CANCER RESEARCH PROGRAM RECEIVING AWARD FROM CANCER PREVENTION RESEARCH INSTITUTE OF TEXAS

A grant in excess of \$3.5 million has been awarded to the Scott & White Healthcare Cancer Research Institute (CRI) to facilitate the production of new and investigational drugs for the prevention and treatment of cancer. It is the only Central Texas cancer research program receiving the award from the Cancer Prevention Research Institute of Texas (CPRIT), a center established to fund innovation and commercialization of cancer research in the state.

The CRI grant is among more than \$100 million in CPRIT funding to cancer research projects in Texas. Scott & White scientist Jung H. Woo, PhD, is the principal investigator awarded the grant and facility director of the CRI drug manufacturing facility. The funds will be used in physical plant upgrades to the facility, providing an environment expediting large-scale cultivation of cell lines that can lead to Phase 1 clinical trials, while also subsidizing costs for production of promising drug candidates, and improving processes of production.

"Onsite production of new therapeutic

treatments enables us to move rapidly from the laboratory into early-phase clinical trials," said Richard Beswick, PhD, senior vice president for research at Scott & White Healthcare and assistant dean for research at the Texas A&M Health Sciences Center College of Medicine in Temple. "The CPRIT grant is an investment in our facility strengthening that capability."

Researcher Woo has extensive experience with drug development. He is the inventor of a cancer drug currently being tested in a phase I clinical trial for T cell lymphoma. Since joining the CRI in 2005, the CRI has successfully manufactured six investigational new drug materials for T cell lymphoma, AML (acute myeloid leukemia), melanoma, chronic pain, and pancreatic cancer.

The Scott & White Cancer Research Institute (CRI) is a non-profit arm of Scott & White Healthcare. Established in 2005 and led by Arthur E. Frankel, MD, Executive Director, the CRI is designed to accelerate the development of therapies for human diseases, linking new discoveries and clinical care.

## ABOUT SCOTT & WHITE HEALTHCARE (SW.ORG)

Scott & White Healthcare is a non-profit collaborative health care system established in 1897 in Temple, Texas. Among the leading health care systems encompassing one of the nation's largest multi-specialty group practices, Scott & White provides personalized, comprehensive and the highest quality health care enhanced by medical education and research. Scott & White Healthcare includes 12 hospital sites, two additional announced facilities, more than 60 clinic locations throughout Central Texas and staff exceeding 13,000 (including more than 900 physicians and scientists and nearly 400 specialized health care providers). Get the latest news from Scott & White Healthcare by visiting our online newsroom, News blog or on Twitter (@swhealthcare).



## - Kids Stuff-

## Section for Kids with news, puzzles, games and more!

You lean over to whisper something to your friend and you can tell by the look on your friend's face that something is up. Could it be your breath? Maybe you shouldn't have put extra onions on your hamburger at lunch. What's a kid with smelly breath to do?

The good news is that bad breath happens to everyone once in a while. Let's find out how to detect it, prevent it, and even treat it.

### WHAT'S THAT SMELL?

Bad breath is the common name for the medical condition known as halitosis (say: hal-uh-toe-sis). Many different things can cause halitosis - from not brushing your teeth to certain medical conditions. Sometimes, a person's bad breath can blow you away — and he or she may not realize there's a problem. There are tactful (nice) ways of letting someone know about bad breath. You could offer mints or sugarless gum without having to say anything.

If you need to tell a friend he or she has bad breath, you could say that you understand foods can cause bad breath because you've had it before yourself. By letting someone know that bad breath isn't something unusual, you'll make the person feel more comfortable and less embarrassed about accepting your piece of chewing gum. If you suspect your own breath is foul, ask someone who will give you an honest answer without making fun of you. (Just don't ask your brother or sister — they just might tell you your breath stinks even when it doesn't!) Although everyone gets bad breath sometimes, if you have bad breath a lot, you may need to visit your dentist or doctor.



### WHAT CAUSES BAD BREATH?

### Here are 3 common causes of bad breath:

- foods and drinks, such as garlic, onions, cheese, orange juice, and soda
- poor dental hygiene (say: hi-jeen), meaning you don't brush and floss as you should
- smoking and other tobacco use

Poor oral hygiene leads to bad breath because when you leave food particles in your mouth, these pieces of food can rot and start to smell. The food particles may begin to collect bacteria, which can be smelly, too. Plus, by not brushing your teeth regularly, plaque (a sticky, colorless film) builds up on your teeth. Plaque is a great place for bacteria to live and yet another reason why breath can turn foul.

### PREVENTING SMELLY BREATH

So what's a kid to do? Don't smoke or use tobacco products, of course. And take care of your mouth by brushing your teeth at least twice a day and flossing once a day. Brush your tongue, too, because bacteria can grow there. Flossing once a day helps get rid of particles wedged between your teeth. Also, visit your dentist twice a year for regular checkups and cleanings. Not only will you get a thorough cleaning, the dentist will look around your mouth for any potential problems, including those that can affect breath. For example, gum

disease, also known as periodontal (say: per-eeuh-don-tul) disease, can cause bad breath and damage your teeth.

If you're concerned about bad breath, tell your doctor or dentist. But don't be surprised if he or she leans in and take a big whiff! Smell is one way doctors and dentists can help figure out what's causing the problem. The way a person's breath smells can be a clue to what's wrong. For instance, if someone has uncontrolled diabetes, his or her breath might smell like acetone (the same stuff that's in nail polish remover).

If you have bad breath all the time and the reason can't be determined by your dentist, he or she may refer you to a doctor to make sure there is no other medical condition that could be causing it. Sometimes sinus problems, and rarely liver or kidney problems, can cause bad breath. Usually, there's a less complicated reason for a kid's bad breath — like what you had for lunch. So keep up with your brushing and flossing and you should be breathing easy — and odor free!

Reviewed by: Lisa A. Goss, RDH, BS, and Charlie J. Inga, DDS Date reviewed: September 2007

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006.The Nemours Foundation



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