

Volume 10, Number 5

May 2013

www.circlecranch.info

### **CCHOA Announcements** Submitted by Denise Nordstrom, CCHOA Manager

### Time Change to Monthly Board Meetings

The monthly board meetings will now be the last Wednesday of every month at 6pm, instead of 6:30pm.

### **Neighborhood Meet & Greet**

The CCHOA will be hosting the Neighborhood Meet and Greet for residents of sections 15 & 16 at our new Community Center (located at 7817 La Crosse Avenue, intersection of La Crosse and Spruce Canyon) on Thursday, May 23, 6:00-7:30 pm. Not sure if you are section 15 or 16? See the map on page 9, which highlights sections 15 & 16. This will be our last meet & greet. If you missed yours, please feel free to stop by and join this one! The event is sponsored by Karen Ivey, Associate Broker, Realtor of Coldwell Banker United, and food and drink will be provided by Mama Fu's Asian House. This is a wonderful opportunity for you to come out and meet your neighbors, HOA staff, and Board of Directors, and win door prizes! Be on the lookout for your invitation in the mail. If you plan on attending, please RSVP your guest count to rsvp@ circlecranch.info. RSVP's are not required but greatly appreciated. See you there!

### **Memorial Day Hours**

The HOA offices will be closed on Monday, May 27 in observation of Memorial Day. Regular hours will resume on Tuesday, May 28. The Community Center pool will be open on May 27 from noon-6pm. The Swim Center pool hours will remain the same: 6-10am lap swim only; 3:30-8pm lap/recreation swim.

### Easter Egg Hunt Recap

Thank you to everyone who participated in the CCHOA Easter Egg Hunt on March 30, especially our volunteers! We had roughly 450 children participate. Congratulations to the three lucky children who found the golden eggs.

(The Wabschall family enjoying the Easter hunt with the Easter Bunny!)



### **CCHOA NUMBERS**

HOA Mgmt Office info@circlecranch.info or	288-8663
HOA Financial Office tgiles@mgilescpa.com or	451-9901
Aquatics Directordirector@ccswim.net or	
Newsletter Publisher	
Peel, Inc advertising@PEELinc.com or 512	-263-9181
Circle C Amenities	
Circle C Café	288-6058
Circle C CDC	
Circle C Swim Center	
Circle C Community Center Pool	
Grey Rock Tennis Clubinfo@GreyRockTennis.com or	
, - ,	
Circle C Gated Communities	
KB Enclave and Fairway Estates HOA	
Alliance Association Management	347-2888
Parkwest HOA	
	502 7500
Goodwin Management	502-7509
Streetman Enclave HOA	
Rosalyn Peterson	441-1041
Muirfield HOA	

### **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>ashley@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 *advertising@peelinc.com*. The advertising deadline is the 8th of the month prior to the issue.

### **BOARD OF DIRECTORS**

Chris Poynor	President
Kim Ackermann	Vice President
Dan Vavasour	Treasurer
Natalie Placer McClure	Secretary
Jason Bram	Board Member
Steve Urban	Board Member
Michael Chu	Board Member
Contact the Board at	directors@circlecranch.info

### **IMPORTANT NUMBERS**

City of Austin Solid Waste	974-1945
Dead Animal Collection	
Abandoned Vehicle	974-8119
Pothole Complaints	974-8750
Stop Signs	457-4885
Street Light Outage	
Schools	
Clayton Elementary	841-9200
Kiker Elementary	414-2584
Gorzycki Middle School	841-8600
Bowie High School	414-5247
Mills Elementary	841-2400

### **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."



### Welcome Dr. DeWitte

David DeWitte, MD joins family practitioner Dr. Jennette Cross at The Austin Diagnostic Clinic Family Practice at Circle C. Dr. DeWitte completed his



David DeWitte, MD Board Certified in Family Practice

medical degree at Indiana University School of Medicine, Indianapolis, IN and his internship & residency at St. Francis Family Practice Residency, Beech Grove, IN. Dr. DeWitte has been caring for patients since 2000.

New patients are welcome and appointments are available.

Call **512-901-4076** to make an appointment.

The Austin Diagnostic Clinic Circle C 5701 W. Slaughter Lane, Bldg. C 512-334-2500 | ADClinic.com My Health, My Doctor, My ADC



#### Experience and expertise with high attention to detail are necessary in this fast-paced Circle C market. That's what makes Pattie Webster the right choice!

11001 Tornasol Ln Sold! -- 15 Days

8701 Escarpment #43 Sold! -- Pre MLS

6921 Larue Belle Sold! -- 14 Days

pattie@AmeliaBullock.com | pattiewebster.com | www.LinkedIn.com/PattieWebster



512-924-9923



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### SIGN UP FOR CCHOA EMAIL ANNOUNCEMENTS!



### HOA ANNOUNCEMENTS

Submitted by HOA Manager, Denise Nordstrom

#### NEW BOARD OF DIRECTOR OFFICERS NAMED

The CCHOA Board of Directors welcomed a new member, Natalie Placer McClure, to the Board after the 2013 Board elections. New officers were named and they are:

Chris Poynor: PresidentDan Vavasour: TreasurerKim Ackermann: Vice PresidentNatalie Placer McClure: SecretaryMichael Chu, Jason Bram and Steve Urban: Board MembersTo contact the Board, please email: directors@circlecranch.info

#### **COMMUNITY CENTER POOL**

Community Center Pool will be open weekends only starting May 4. *Spring Hours: May 4-June 9* Saturday & Sunday Only, 12-6pm *Summer Hours: June 10-August 25* 11am-7pm, Closed Tuesdays Memorial Day and Labor Day Weekends: 12-6pm

#### GOOGLE FIBER COMING TO AUSTIN

As most of you are aware, Google Fiber has picked Austin as its next city to provide its service. However, it seems that Google will only install its new giga fiber service in neighborhoods (what they're referring to as fiberhoods) that get a 30% or more response from residents who want the service. Please check out this link from CNN that states five reasons you want Google Fiber. *www.cnn.com/2013/04/11/tech/innovation/ google-fiber-austin-cities/index.html*. And then go to Google Fiber's site and enter your email address and zip code, so they know that Circle C wants their service! *https://fiber.google.com/cities/austin/* 

#### SNAKES AND OTHER WILDLIFE

We wanted to remind everyone that it's that time of year when the weather is getting warmer, so snakes and other wildlife are starting to show up in the community. Be careful when you are walking the trails or in the greenbelts.

#### **CITY OF AUSTIN CODE ON LITTER**

A little known City of Austin Code (10-5-43) addresses litter removal. Litter is defined as garbage, trash, rubbish, ashes, manure, waste, cloth or rags, paper or cardboard, leaves, grass cuttings, or refuse. This code requires property owners to remove litter from one-half of the street adjacent to the owner or occupant's property. For our neighborhood, this means that yard debris must be disposed of properly; it is a violation of City of Austin Code to leave it in the street. Please be sure to keep the street and curb line in front of your home swept clean. Do your part to keep Circle C beautiful. Further, City of Austin Watershed Protection addresses this same issue if leaves and clippings are left in the street, swept or blown into the street or sewer system. This debris eventually ends up in the sewer system and pollutes our waterways.

#### SCOOP THE POOP

We have received recent reports of residents that are not picking up after their dogs, especially on Viridian. Please do your part as a responsible pet owner and also as a Circle C resident by picking up after your dog. It is not only the responsible thing to do but also the sanitary thing to do.

#### HAVEYOU RECEIVED A DEED RESTRICTION?

As reported in each month's newsletter, the HOA staff drives at least two sections of the neighborhood per month to note violations

of the Declaration of Covenants, Conditions and Restrictions. These commonly include: front yard landscape maintenance (mowing, edging, free of weeds), home maintenance (paint, screens, siding) and recreational vehicles (boats, RV's, trailers) parked in the driveway. 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. If you receive a letter, please contact us at the HOA office and let us know your individual situation. 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*.

#### LET'S SAVE PAPER!

If you would like to receive the newsletter electronically, visit the publishers website: *www.peelinc.com/residentsNewsletterSubscriptions.php*. You may choose to have an email sent to you with a link to a PDF of the newsletter, you can choose for the electronic copy instead of having it mailed to you, you may choose to have both the electronic copy and hard copy sent to you, or you may choose to be removed from the list altogether.

#### TRANSPORTATION IN & AROUND CIRCLE C RANCH

Various transportation authorities are beginning a series of meetings to discuss, among other things, the extension of SH 45 through the Greyrock Ridge portion of Circle C onto to South Loop 1/MoPac, and improvements to MoPac at the LaCrosse and Slaughter Lane intersections. The SH 45 extension has a long history and you can read about it online. There are many Circle C residents who do or have supported this roadway, and there are many Circle C residents who oppose it. Gerald Dougherty, the Travis County Commissioner for our area was recently elected primarily on the promise to get SH 45 built. The MoPac improvements to Slaughter Lane and LaCrosse are being evaluated with public input by the Central Texas Regional Mobility Authority. The entities that are involved in roadway planning include:

CAMPO—*www.campotexas.org*--- this is the regional transportation planning entity for Central Texas. They have adopted the 2035 Regional Transportation Plan, the plan for roadway transportation in our area.

TRAVIS COUNTY COMMISSIONER'S COURT—*www. co.travis.tx.us/commissioners\_court/.* Gerald Dougherty is our Travis County Commissioner and he is serving on a task force appointed by CAMPO for SH 45.

CENTRAL TEXAS REGIONAL MOBILITY AUTHORITY*www.mobilityauthority.com/*. This is an independent governmental agency established in 2002 for the development of toll roads. They are currently commissioning a public process to get feedback on MoPac improvements from Lady Bird Lake to Slaughter Lane and LaCrosse.

The other entities that govern or have a say in roadways in our area are the City of Austin, TxDot, and the Hays County Commissioners Court.

At the current time, the Circle C Homeowners Association has not taken an official position on any of these roadways or roadway improvements. They have directed management to inform Circle C residents of plans that affect the residents of Circle C Ranch. As information becomes available, look for email announcements and check the Circle C website for upcoming public meetings.

### CCHOA News









### Update from the Architectural Control Committee

Over the past six months, the ACC has worked closely with the CCHOA management team on providing design guidelines for maintenance items that are required by the Covenants, Conditions, and Restrictions of Circle C Ranch. The design guidelines are intended to provide a consistent roadmap of standards of maintenance in the Circle C Ranch neighborhood. The guidelines are officially recorded with the Travis County Clerk's office in the records division. For a full copy of the Design Guidelines for Front Yard Maintenance, go to the Circle C website at www.circlecranch.info.

This Month's Featured Design Guideline: TRASH, LITTER, DEAD VEGETATION, REFUSE, WASTE. The deed restrictions require that you maintain your lot by "Removing all litter, trash, dead vegetation, refuse and waste", Article VI, Maintenance. The design guidelines for litter, trash, dead vegetation, refuse and waste are:

*1)* Remove obvious trash, garbage and debris, unused construction materials, brush, yard trimmings, discarded items, items that are broken or beyond repair.

2) Pots that are empty, cracked or contain dead plants

#### THE DEED RESTRICTION PROCESS

The deed restriction process includes the following steps:

*1)* A violation is reported to the management office, or a violation is noticed on a routine drive-by by the CCHOA staff

*2)* In most cases a courtesy letter citing the violation is issued to the homeowner, with time given for a voluntary correction.

*3)* In the case that the violation is not cleared on a voluntary basis, the residence is re-visited by staff and a deed restriction violation is issued. This violation is sent via certified and regular mail. At this point, each owner is encouraged to notify the office of any plans, problems, etc. in rectifying the violation. The resident also has the option to request a hearing before the CCHOA Board of Directors.

4) After the allotted time period for correction has expired, the residence is re-checked. If the violation is not cured at this time, further action by the Board of Directors may be taken.



# DROWNING IS PREVENTABLE

### COLIN'S HOPE WATER SAFETY TIPS AT WWW.COLINSHOPE.ORG



#### May is Texas and National Water Safety Month

Ongoing: Volunteers needed to stuff and distribute water safey packets info@colinshope.org Ongoing: Colin's Hope Athlete Ambassadors needed! http://www.tinych.org/signup Now-June 18: Discount Schlitterbahn Tickets for sale. http://www.tinych.org/tickets May 18: Colin's Hope Got2Swim Pure Austin Quarry Lake. http://www.tinych.org/QuarryLake

Volunteer - Donate COLINSHOPE.ORG



Water Safety Alert: 74 Texas children drowned last year. Keep your children and families safe in, near and around all bodies of water. Multiple layers of protection can prevent drowning.

# LAYERS OF PROTECTION



CONSTANT VISUAL SUPERVISION



**KEEP BACKYARDS &** 

BATHROOMS SAFE

LEARN TO SWIM

LEARN CPR



MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS



CHECK POOLS/HOTTUBS VISIT US 1ST FOR MISSING CHILDREN ONLINE

### CCHOA News

### **Circle C Aquatics**

#### 3/26/2013

Brody McKinley Circle C Homeowners Association 5919 La Crosse Ave Austin, TX 78739

Resident Lap Swimmers Circle C



#### T o Our Resident Lap Swimmers:

Here at the Circle C Swim Center, we are happy to be able to offer <u>year round lap swimming</u> to our residents. This is made possible, in part, through the revenue generated by our programming, such as our Select Swim Team, the Seals summer league swim team, swim lessons, and various other program offerings. In order to continue to keep this facility open year round, we must continue to promote our aquatics programming, which is maximized during the spring and summer. The Swim Center receives heavy traffic during these seasons. We strive to provide facility space to all of our various user groups.

This letter is to inform our resident lap swimmers of the lap lane schedule during our Spring Hours. <u>Starting on April 22</u>, both the year round Select Swim Team and the summer Seals Swim Team will be holding afternoon practices. During the morning hours, there will be at least eight lanes open for resident lap swim. During our after-school hours, residents can expect a high number of patrons at the Swim Center. On Mondays through Thursdays, during the hours of 3:30 pm - 7:00 pm, there will be two lap lanes open for resident lap swim. Lap swimmers must be open to sharing these lanes with other lap swimmers. As always, proper swimming etiquette, including "Circle Swimming", will be expected of lap swimmers. Once the Summer Hours begin on June 10, lane space will open up in the afternoon and evenings.

An up-to-date and detailed lane space schedule is available on our website. To view the schedule, visit www.ccswim.net. Once on our site, click on the link to "Lane Schedule". Here you can view the schedule for various weeks.

If you have any questions, comments, or concerns regarding lane space, swimming etiquette, or any other issues, please contact me at director@ccswim.net.

We appreciate your continued patronage. Let's have a great swim season!

Sincerely,

Brody McKinley Aquatics Director Circle C Homeowners Association

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## **Circle C Swim Center**

Submitted by Sammie Surguy

#### A DAY AT THE POOL ....

"It was a beautiful day and I thought it would be a great idea to take my two year old, Betty Joe and my six month old baby, Billie Bob, to the wonderful Circle C Swim Center. We arrived at the Swim Center, found a good shady spot on one of the very clean lounge chairs under the brand-spanking-new umbrellas. The sun was shining and there were a few small children in the wade pool.

I changed both children into their swim diapers, as always, and Betty Joe couldn't wait to get into her new ballerina bathing suit! I slathered each child with SPF 300 and away we went into the wade pool. I had Billie Bob on my hip and Betty Joe was splashing away in the pool. I thought since the wade pool is so shallow and there was a lifeguard, I could take a quick moment to pull out my cell phone and do some texting, check e-mails, etc. Next thing I know, the lifeguard is rescuing Betty Joe from the bottom of the slide! She must have climbed up and decided to go down by herself. I didn't think I was looking at my phone that long!"

As lifeguards, we hear this continually. "I only looked away for a second" or "I thought my son/daughter/friend was watching my little one!" It only takes a few seconds for a child to become a drowning victim. Most drownings occur in shallow water. Please stay within an arm's reach of your non-swimming child, whether it's in the wade pool, competition pool or at the Community Center pool. If your child needs a flotation device, we have Coast Guard approved life-jackets available. A responsible adult must be within arm's reach and IN THE water with any non-swimming child at all times. Safety is our top priority!

If you have any questions about water safety, please feel free to ask any Lifeguard (that is not on the guard stand performing surveillance duty) or a Front Desk Attendant.

> Beth Ann Matlock, Lifeguard Coordinator lifeguard@ccswim.net

#### **GROUP LESSONS:**

Group lessons started out with a bang this year! We had a great turnout of kiddos for the first evaluation day on April 7th as well as two new coaches, Coach Sophia and Coach Leah. Coach Amanda and Coach Beth will be teaching through the spring, training the new instructors for the summer sessions. Come on down to get evaluated soon because summer sessions fill up fast! Remember we also have a last chance evaluation day the Wednesday before the start of each session. Don't forget, registration is due the Friday before the start of each session.

#### PRIVATE LESSONS:

Coach Beverly is back in the water and can't wait to dig into private lessons! Come by and sign up for some lessons with her to give your older kids a boost in technique and endurance. Lessons come in packs of 4 or 8, or you can buy them individually. We also have semi-privates so you can bring a friend to share in some pool time fun. Summer lessons book fast so make sure to come in before June and the heat hits.

#### SELECT SWIMTEAM

With summer approaching, the Circle C Select Team is filling up fast. If you would like to try-out for the team, contact select@ccswim. net and make an appointment.

#### HIRING

Looking for a fun job? We're accepting applications! It is time to start planning for the 2013 swim season at the Circle C Aquatics Centers. We will be accepting Applications for Employment on a rolling basis. Please complete the Application for Employment as well as the Availability Sheet(s) for the position(s) for which you are applying. Both Front Desk and Lifeguard positions are available. For more information and forms to fill out please visit: www.ccswim.net and click on employment.

Hiring of 15–year-old lifeguards: A 15-year-old will be hired if they are a good fit and they have taken a Circle C lifeguard class and must turn 16 within two weeks of the last day of the Circle C class. If a 15-year-old takes a class at another facility, they may be interviewed and hired no less than 2 weeks before their 16th birthday.



	POOL F	<b>HOURS</b> -	
	Spring Hours Świm center	•••	ummer Hours swim center
	March 18-June 9, 2013	Jun	e 10- August 25, 2013
Monday –Friday	6-10 a.m. (Lap Swim Only)	Monday	CLOSED
	3:30-8 p.m. (Lap and Recreational Swim)	Tuesday-Friday	6-10 a.m. (Lap Swim Only)
Saturday	7-10 a.m. (Lap Swim Only)		10-8 p.m. (Lap and Recreational Swim)
	10-6 p.m.(Lap and Recreational Swim)	Saturday	7-10 a.m. (Lap Swim Only)
Sunday	10-6 p.m. (Lap and Recreational Swim)	-	10-8 p.m. (Lap and Recreational Swim)
•		Sunday	10-8 p.m. (Lap and Recreational Swim)
COM	UNITY SWIM CENTER		
	May 4- June 9, 2013	COMM	UNITY SWIM CENTER
Monday-Friday	CLOSED	,	June 10- August 25
Saturday-Sunday	12-6 p.m.	Monday	11-7 p.m.
	-	Tuesday	CLOSED
		Wednesday-Sunday	11-7 p.m.

All Swim Center hours and detailed information about the Swim Center can now be found online for easy access. Website: www.ccswim.net Facebook: www.facebook.com/ccaquatics Twitter: www.twitter.com/circlecsc



### CCHOA News

fircle C'Landscape Submitted by Susan Hoover

#### SOME FACTS ABOUT CIRCLE C LANDSCAPE AND THE CIRCLE C COMMONS AREAS!

From time to time we get questions about some of the things the landscape company is doing on the commons areas. Here are a few of the answers:

#### What are the ribbons tied around the trees?

When we do tree work on the many mature shade trees throughout the neighborhood, we work with a certified arborist on completion of the work. If you see a lot of ribbons tied around all trees in a certain area, this generally indicates the arborist is performing a health prune on a tree. While we try to leave the mature trees alone to do their own thing, a health prune removes the dead wood, lightens up the canopy, and removes any branches that are interfering with the proper growth of the tree. By doing this, the tree is less likely to topple over or lose a lot of branches in a high winds. A health prune also lifts up the canopy, creates a beautiful structure to the tree, and opens up some areas to get more light to the vegetation below.

If there are ribbons on the same species of tree, but not all the trees in the area, the marked trees are undergoing a treatment. Last year we did an aeration/deep root fertilization of the burr oaks in the neighborhood. We have also had oak wilt treatment done in various areas.

### What are the small bags wrapped around shrubs/and small trees?

In certain areas where there is not drip irrigation or bubblers, we will use a "gator" around the base of a small tree or behind a new shrub. We fill these with water and over a two week period they empty slowly into the plant and help establish it.

#### What do we do about weeds?

Weeds come in many varieties and have different growth cycles (the time it takes for the weed to go from seed, grow out, and re-seed). We use a granular pre-emergent weed product which, when watered in, forms a barrier to the weed seed germinating and beginning its growth cycle. In selected areas we do small amounts of hand spraying, and a lot of hand pulling. We have an environmental program, and we limit herbicides in our area. This year the cooler mornings and warm afternoons have created a great environment for weeds, as the turf only grows vigorously when the night time temperature is above 60 degrees, and the weeds don't have this restraint.

#### What about weed and feed?

It is against the City of Austin recommendations to use any weed and feed product in environmentally sensitive areas such as Circle C. The products in weed and feed are also very harmful to the trees, so we never use a weed and feed.

#### What about irrigation on the commons areas?

The Circle C Homeowners Association common areas are subject to the Water Conservation Ordinance for Commercial Properties. Under Stage 2 watering, we water one day per week between the hours of 12:00 a.m to 5:00 a.m. and 7:00 p.m. to 11:59 p.m. As the areas are so large, we do have a watering variance from the City of Austin which allows us to water the same hours but on different days over the course of a week in various areas. We are still watering each area only one time per week.

The water conservation ordinance also allows watering with bubblers and drip irrigation any day or time. We have converted a lot of areas to drip irrigation and will continue this in order to conserve water and provide efficient watering to the vegetation.

#### What is the mowing schedule?

From March through the end of the growing season, generally December 1, the commons areas are mowed weekly. It is a rotation, so not all areas on mowed on the same day. Disruptions to the schedule do occur if there is a rain event. We generally mow 38 to 42 times per year.

#### If I have a concern about any landscape or irrigation issues, who should I contact?

Please contact the Circle C Homeowners Association office at info@circlecranch.info or 288-8663.



### Luke Lives On: How an Angel Makes His Impact on Earth

Submitted by Lisa Hays

For most, pregnancy is a time for submitting to cravings, picking out names, and ultimately enjoying nine months of daydreams as a family awaits the arrival of their baby. But for others the joy of pregnancy can be turned into a nightmare when they experience the loss of their child. Pregnancy loss is often unspoken of but is terribly common. Nearly 25% of all pregnancies result in loss, primarily through early miscarriage. Regardless of early or late term, the result is the same – a family has lost their son or daughter.

In January 2011 an angel named Luke Hudson Hays was born. Due to genetic deformities that were not compatible with life Luke earned his wings at 20 weeks gestation. Devastated, his parents sought a way to grieve positively while helping others. Luke Lives On (LLO), a local Austin 501(c)(3) non-profit, was created to help families who have lost a child during pregnancy or shortly after birth through the gift of comfort boxes and post-hospital support. The comfort boxes include various items that help families as they grieve. Items include a book, journal, sentimental ornament, small stuffed lamb, Starbucks card, and a brochure full of resources so families have some sort of direction on what to do and where to go for support post loss. Also provided is the contact information of Luke's mom, Lisa Hays, so mothers and fathers can reach out and talk to someone who has walked that same path. The goal of LLO is to provide hospitals, many which are often underfunded when it comes to pregnancy loss support, a gift for the families so they do not leave the hospital with empty arms that normally would've been filled with a new little life.

What started as a donation of five comfort boxes to Luke's hospital, Seton Southwest, has turned into a thriving venture serving 12 hospitals throughout Texas, North Carolina and Missouri. Locally, Luke Lives On supports four Seton hospitals (Southwest, Northwest, Hays and Williamson) as well as Lakeway Regional Medical Center. In the past year LLO has donated more than 250 boxes to partner hospitals while also serving individuals at request. To learn more about the organization please visit www. lukeliveson.org.

LLO will be hosting its one major fundraising event for the year, Links for Luke, on May 4th at Grey Rock Golf Club in Southwest Austin. Come out and enjoy golf followed by a family friendly dinner, concert and silent auction. Kids will enjoy face painting and a balloon artist. This event is meant for everyone! For additional information or to register or sponsor this event please visit www. lukeliveson.org/events for details.



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### CCHOA News



By USPTA/PTR Master Professional Fernando Velasco





### How to Execute The Overhead "Smash"

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley and the one-handed backhand volley. In this issue, I will offer you instructions on how to execute the overhead "smash" when players get a high ball and they hit the ball above their head. In the illustrations, Matilda O'Connor, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

**Step 1:** The Back Step: When Matilda realizes that a ball is high enough to hit the overhead, she takes a step back on the side to hit the ball. The upper body turns, the racket starts the back motion by keeping the elbow in 90 degree angle and the left hand is pointing to the ball. Notice that her head is looking at the ball and keeping the chin up.

Step 2: The Point of Contact: When Matilda is ready to hit

the ball, her racket starts accelerating from the back position. She is making perfect contact on the upper part of the racket and the right wrist is "snapping" to get on top of the ball. Her left arm is still pointing to the ball to assure a good hit on the "sweet spot". Her weight has shifted from the back foot to the front foot.

**Step 3:** The Follow Through: After the ball has been struck by the racket, Matilda will continue the swing of the racket across the left side of her body. The eyes are now focused on the path of her stroke. The left arm is on her left side. Her right foot still kept her toes on the court to allow for maximum balance on the stroke.

**Step 4:** The Ready Position: Even though the overhead "smash" is a powerful weapon, many times the opponents will return it back to the players. Here Matilda is ready for the next ball coming back to her. By the looks of her smile, it seems that her overhead was successful and she has won the point.

Look for in the next Newsletter: The Forehand Service Return

### FEATURED Homes



9513 Bungalow Lane Circle C Vintage Place



6321 Tasajillo Trail Circle C Park West



8121 Ladera Verde Drive Circle C Alta Mira



6605 Estana Lane Circle C Avana

# **Circle C Ranch** is super HOT right now and inventory is very low!

That makes it the perfect time to sell your home!

Let me, your Circle C Ranch Specialist and neighbor for over a decade, help you get the most for your home.

- Heavy Internet marketing
- Your home's own website
- Electronic showing feedback
- Professionally photographed
- Staging and home preparation assistance
- Marketing on hundreds of websites
- Circle C Open House Tour
- Flexible commissions

"I very rarely write letters of recommendation, but had such an outstanding experience with Chris, that I felt compelled to do so. We are careful consumers, especially when it comes to purchasing a home and selecting a Realtor. We were not disappointed! She treats real estate like a profession. She was completely on top of the entire process! AND, she's highly intelligent. She was "connected" and used up-to-date technologies (like e-signing) and she provided recommendations for high quality industry contacts (handy man, inspector, etc.) She also serves on the Board for a large HOA, giving us some valuable insight. I highly recommend Chris!" Eric Heflin

"Chris is a dream of a realtor! Impressed the first time we met her, we discovered how very competent she is. She didn't miss a beat. We could relax and let her take care of everything. Quick responses to all our questions and requests (and we had a lot!). Chris gave us encouragement the whole time our house was on the market—and then sold it at full price! We are recommending her to all of our friends who might be buying and/or selling a home in the future." Margaret and Richard Nakumura

### Chris Poynor, REALTOR®

Circle C Specialist, Resident.

### 512.794.6604

Chris@HotAustinRealEstate.com www.HotAustinRealEstate.com





### CCHOA News



Information on drowning prevention presented by the Circle C Aquatics Dept.

Snacks provided by Real Life Austin.

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## May Events AT THE WILDFLOWER CENTER

#### WILD NIGHT OUT

6 to 9 p.m. Thursday, May 2

See the art and meet the artists whose work benefits the Wildflower Center. Enjoy organic wine, appetizers, Brazilian music and more.

#### GARDENS ON TOUR - A MOTHER'S DAY WEEKEND TRADITION

9 a.m. to 5 p.m. Saturday, May 11

A self-guided tour of five inspirational private native plant gardens plus the Wildflower Center. Tickets available April 20 at Barton Springs Nursery, TreeHouse, Shoal Creek Nursery, the Natural Gardener and the Wildflower Center Store.

#### TEXAS HIGHWAYS WILDFLOWER PHOTOS

Saturday, May 4 through Sunday, May 12

In honor of National Wildflower Week, striking photos from Texas Highways are on display and photo editor Griffin Smith offers a photo workshop at 9 a.m. on Saturday, May 11. In the McDermott Learning Center. Closed at 3 p.m. Friday, May 3, for the Wildflower Gala. Open Memorial Day May 27. More information at www.wildflower.org.

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# Got 2 days?

Knowledgeabt

The reason I ask is because that is the average number of days in which my listings usually sell in this Circle C market. In **most** instances, it has become a seller's market, just as I predicted last September in our newsletter when we saw the transition happening. We have found that when the seller's employ the Squires Team selling strategies and staging recommendations, the chances of their homes selling in 8 days is not only a *possibility*, but a **probability**. We have a professional staging company we employ or if your house is 80+% ready to go, we can save you money by helping you stage the home for free. Give us a call and we'll set up an appointment for a no-obligation visit to your valuable Circle C Ranch property. You ready now? We work **7 days per week** by appointment and at your convenience, day or night.

# **100.3%**

How much better can you get other than being 100%? How about 100.03%? The reason this number is special to the Squires Team is that it is the average sales-price percentage to full-price ratio we've attained in Circle C. We sell homes over full-price, full price, and some slightly under, depending on condition. Our recent average listing sale is **100.3%** of **full price** and that is the highest ratio of any real estate agent found in Circle C Ranch! If you *really* want your home **"Sold!" for more money and in less time**, please employ the Squires Team to list your valuable Circle C Ranch property. Call John for an easy appointment.

Contraction of the second seco

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

Call John Squires for an easy appointment to provide you with a <u>free, no-obligation</u> 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. Go to SquiresTeam.com to view all of John's listings and virtual tours.

#1 agent in Circle C Ranch with 388 homes successfully "SOLD!"

#10 team in Austin out of Austin's "Top 50" teams. Austin resident since 1963.

#### SquiresTeam.com



# SquiresTeam.com

Below is a quick snapshot of John's client's properties that have "SOLD!!" within the last month. In most cases in Circle C and Austin real estate, it has become a seller's market if the homes are properly cleaned, staged, updated and priced correctly. If you would like a free, no-obligation market profile of your valuable home, please call! Thank you.

2020 Cueva De Oro Cove-Listed at \$1,825,000. <u>"SOLD!"</u> with John's buyer. Gorgeous, Westlake custom Tuscan home with the finest of finish-outs, backing to creek. 6300 sq. ft. of living space with an inground pool, hot tub and movie theatre! Sold to a Circle C resident with John's move-up plan.



7508 Doswell Lane-John's listing at \$549,000., <u>"SOLD!!"</u> with multiple offers! Knockout Streetman in "The Woodlands" backing to new pool!



5905 Savin Hill Court-John's listing at \$389,000., <u>"SOLD!!"</u> with multiple offers! \$100,000. in upgrades and media room!



6400 Gouldville Court –John's buyer at \$375,000., <u>"SOLD!!"</u>

5839 Van Winkle-John's listing at \$489,000., <u>"SOLD!!"</u> in 1 day. Amazing Fedrick Harris completely updated with in-ground pool! Cul-de-sac!



11304 Viridian Way-John's listing at \$449,000., <u>"SOLD!!"</u> in 2 days with 3 offers during John's open house!!



11114 South Bay-John's listing at \$329,000., <u>"SOLD!!"</u> in 2 days!





The Squires Team is always looking for new ways to help their clients with their moving process and ease the stress of selling and buying new homes. Their latest addition is a 16' fully-enclosed trailer with a garage door ramp for easy loading and unloading. Any seller or buyer that needs to use the trailer to move household goods to and from storage or between houses may utilize it for **absolutely free**. It is a lightweight trailer that can be easily pulled, but if you do not have a vehicle suitable, I'll pull it for you for any local neighborhood moves. It has come in very handy the first week with 3 clients already utilizing it! Call and it's yours!

### Call John directly at (512) 970-1970 on his "sell" phone any time for an easy appointment!

No one works harder or smarter to help you sell or purchase your valuable Circle C properties. What we do for you.

- 1) An HONEST and ACCURATE "maximum seller net" pricing strategy for your home.
- 2) Professionally stage your home for you at no cost.
- B) Offer professional handyman services from minor repairs to entire home renovations.
- 4) Offer professional landscape services from curb appeal to entire yard transformations.
- 5) Professional marketing using an \$8,000 digital camera with 4 lenses and software to provide the cleanest sharpest pictures available for internet and flyer advertising.
- 6) Provide a list of different strategies/facets to advertise your home for maximum marketing exposure to the world as quickly and completely as possible.
- 7) Offer generous move-up and move-down plans to fit every families needs.
- 8) <u>One point contact at (512) 970-1970 so there is no "big team"</u> confusion, mixed signals or missed deadlines.
- Insure a smooth, successful transaction start to finish.
   Negotiate moving schedules/timing/leasebacks to insure no hassles or disrupted transitions.



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### Honeybees in Your Neighborhood

The Good and The Bad Submitted by Randy Oakley

Honeybees are incredibly valuable creatures that pollinate many trees, shrubs and herbs in our neighborhood while producing nature's finest sweetener – honey. It is estimated that 1/3 of our diet would disappear without honeybees to provide pollination. Yet honeybees can be unwelcome visitors when they decide to nest in homes or neighborhood trees.

In the springtime as wildflowers come into full bloom the worker bee population in a beehive rapidly increases in order to gather the abundant spring wildflower nectar. The bees store this surplus nectar as honey within the beehive cavity causing the hive to feel overcrowded and prompting them to form a honeybee swarm. The hive grows a new queen bee and the old queen bee "swarms" out of the cavity with half of the bees. Thus every spring one beehive becomes two. This swarm of thousands of honeybees then searches for the right size cavity in a hollow tree, wall void of a home, water meter box etc. to swarm into and setup a new hive. If this happens in the wall of your home you have a problem. A typical beehive in our area may contain 40,000 bees in the springtime and gather 100 lbs of honey in a year.

### What can a homeowner do to avert or resolve such a "sticky" situation?

- Inspect the exterior of your home for holes leading to wall voids in soffits, attics, columns, false fronts or any wall void not filled with insulation.
- Seal any potential entry points to wall voids with adhesive caulk or expanding foam.
- If honeybees are removed from a cavity fill the cavity with insulation and seal the opening to prevent another honeybee swarm from recolonizing the same cavity.
- If honeybees are seen coming and going from an opening in your house or neighborhood tree contact a beekeeper experienced in removing and relocating honeybees. Often they can assess the situation over the phone and give you an estimate to remove, relocate and seal the cavity. A list of beekeepers in your area that remove and relocate honeybees can be found at www.BeeRemovalSource.com .

Africanized Honeybees are a serious threat to residents of Central Texas. These unpredictably aggressive honeybees are very closely related to the gentler European Honeybee and look practically identical but differ at the genetic level. Therefore it is essential to work with a beekeeper that has experience removing honeybees safely in a residential setting.



# Event Announcement from the Travis County Master Gardeners:

#### BACKYARD BASICS

Saturday, May 11, 2013, 9am-1pm Travis County AgriLife Extension Office 1600 B Smith Rd., Austin TX 78721

Backyard Basics is a free, family-friendly, gardening topic open house event! Hands on kids' activities are available the entire time. Stroll the garden and ask questions. Experts available for one-on-one discussion on composting, vegetable gardening, wicking beds, installing drip irrigation, raising chickens, identifying good/bad bugs and permaculture. Plus learn about good practices, white fly tomato trial bed, and common mistakes. In-depth talks offered every hour starting at 9:30. Summer Vegetable Gardening includes basics of vegetable gardening, vegetables which can be planted now and thrive in the heat and how to protect other vegetables from summer's heat. Preserving Your Summer Harvest covers the basics of canning, freezing, dehydrating and fermentation of vegetables and how to bring the vegetables back to life. Backyard Chickens is an introduction to what is required to progress from baby chicks to egg producing hens. Shelter, food, breeds will be a part of talk.

Backyard Basics is presented by the Travis County Master Gardeners, a volunteer arm of the Texas A&M AgriLife Extension Service in Travis County. www.tcmastergardeners.org. For information, call (512)854-9600.



### The Local Real Estate Market Has Turned!

We have all heard, read and seen the proof that the real estate market in Austin, Texas is turning around. But did you know the extent of it right here in our backyard? It has turned, hard and fast! Chad Goldwasser of Goldwasser Real Estate put 2 homes on the market in our area the first week of April. Both homes had multiple offers in the first 48 hours.

When asked about the market he states "It's nuts. I've been selling real estate in Circle C Ranch for over 16 years and I have never seen it like this. I brought one of my sellers' 5 offers last week and another 8." Chad warns that sellers need to be careful and consult with a professional agent who knows the market well when considering multiple offers. "The tough part now is getting appraisals to meet what buyers are willing to pay. If we don't get the appraisal value we are looking for, the deal can fall through during financing. I am very strategic in how I deal with this for my buyers and sellers". Compared to April of last year, there are 25% fewer homes on the market in Austin. This creates more competition for buyers who are looking for the perfect home and is an opportunity for sellers to get more money for their home. Couple that with record low interest rates, allowing buyers to lower their monthly payments and ultimately qualify for a larger loan, and I wouldn't say our local real estate market is turning....it HAS turned!

It will be interesting to see how the next few months play out in the market. If sellers can find a new home to purchase, get their home on the market and sell quickly, it is a win - win - win.

Choose an agent with the market knowledge, negotiation excellence and neighborhood expertise to represent you in the sale or purchase of your next home. Chad has been the #1 agent in Austin for years and has lived in and been selling homes in Circle C Ranch for more than 12 years.



6403 Old Harbor Lane - \$275,000 3 BR/2 BA/ 2,088 sq.ft.



9239 Ridgewell Place - \$335,000 4 BR/2 BA/ 2,677 sq.ft.



### News You Can Use

# DIABETES

Submitted by Rondena Mackey

#### Disease management, treatment, nutrition Free blood glucose testing

A free educational seminar will be presented by Kerry-Ann Fuller, Pharm-d. Resident, University of Texas College of Pharmacy Thursday, May 9, from 7pm to 8:30 pm. Blood glucose testing by HEB pharmacy

This program is sponsored by and will be held at Bethany Lutheran Church Community Life Center 3701 W. Slaughter lane Austin 78749 For more information 292-8778 or blcms.org



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 ashley@ circlecranch.info 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.







### News You Can Use

### **ADOPTION COALITION OF TEXAS**

### Marcus

Marcus is a smart, funny and passionate young man. He is a thinker and a planner who likes to explore new ideas and gain knowledge. He likes to write and listen to rap music. Marcus craves acceptance and responds well to positive attention from adults. He is determined to have a bright future and works hard to reach his academic potential.

Marcus wants very much to be adopted so that he can have a family to love and support him in the future. His adoptive family needs to be nurturing, firm, patient and willing to provide him with much needed one-on-one attention. Marcus will do best in a family with older children and one with parents that can help build his self-esteem while encouraging him to discover his strengths and find his place in the world.

For more information on Marcus, please contact Stephanie Berka at the Adoption Coalition of Texas by email stephanieberka@adopttexas.org or by phone: 512-450-8750.





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### **ADOPTION COALITION OF TEXAS**



Elijah is a sweet and fun little guy. He is interested in cars and trucks, likes playing outside, and enjoys playing with his Spiderman toys. The ideal family will give him ample love and support while providing a consistent daily routine, structured rules, firm boundaries, and clear expectations. Elijah's parents need to be extremely patient and understanding as they strive to help Elijah reach his full potential. For more information on Elijah, or adoption in general, contact Grace Lindgren, LMSW, Adoption Coalition of Texas at (512) 810-0813 or gracelindgren@adopttexas.org







#### Science Camps

<u>Gross Out Chemistry 1</u> - Have a blast and make a mess while exploring the science behind chemical reactions! Create a quicksand simulation, slime, flubber and more. We'll form hypotheses, record data, and draw conclusions - like a real scientist! Ages 6-12, June 17-20, 9:30-12:30, \$175, Register by June 10

Bugs - Let the kids go buggy so you don't have to! Explore nature's finest through activities like: Insect or not? Insector Inspector, Camo Critters, and much more. Ages 5-12, July 8-11, 9:30-12:30, \$175, Register by July 1<sup>st</sup>

Gross Out Chemistry 2 - Make even more of a mess! We'll record our data and our findings in our science journals as we explore more exciting experiments. Ages 6-12, July 22-25, 9:30-12:30, \$175, Register by July 15

> All Camps offered at Cirlce C Community Center 7817 La Crosse Avenue Austin, Texas 78739

Register online at <u>www.wholewchild.com/login</u>, or pick up registration form at CCC Center Or contact us at 512-514-0091, <u>s.kelly@wholechild.com</u>

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### News You Can Use

## Austin Adventurers



www.austinadventurers.org adventurers@austinadventurers.org

What Do We Do?

The Adventurers help youth and adults with intellectual/ developmental disabilities in the Austin, Texas area develop lifelong independence and achieve their full potential through educational, recreational, social, and vocational experiences.

#### Weekly Activities

Adventurers enjoy regular, ongoing social and recreational activities, based on the needs and interests of participants, such as:

- Bowling
- Movie or sports nights
- "Wednesdays at Woodlawn"

#### **Community Experiences**

Every month there's a day or overnight trip in or around Austin, such as:

- Sports events
- Outdoor activities
- Movies
- Restaurants

#### Educational Adventures

Experienced Adventurers join longer educational trips, throughout Texas and beyond, with a variety of experiences that

emphasize independence, practicing social skills, and broadening participants' experiences. These Adventures are open by invitation to those who have successfully participated in other Adventurers activities.

### The Adventurers Academy of Lifelong Learning

The Academy provides daily educational, vocational, recreational, social, and community experiences. Participants have the opportunity to learn new skills, develop new interests, and become more involved in their community.

#### **Academy Programs**

- Money and Calendar Skills
- Reading Club
- Community, State, and Country
- Recreation, Art, Music, and Dance
- Fitness and Nutrition
- Home and Community Skills

#### **Vocational Training**

- Pre-vocational skills
- Job training and supported employment
- Use of public transportation
- Volunteer and job opportunities

### Cost

<u>Weekly and community activities</u> depend on the cost of the activity, usually from free to about \$15.

<u>Educational Adventures</u> require a deposit and participation in fund raising efforts to pay for the rest. Scholarships are available for those who need it.

<u>The Adventurers Academy</u> accepts payments from some medicaid waiver programs and self-pay. Call to discuss current tuition.

### How Can You Join In?

Join our e-mail list and check our website for announcements of upcoming activities. Then call or email us for details!

Contact: Diane Mackey, Program Director Phone: 512-443-4514 Email: <u>diane@austinadventurers.org</u> Mail: 7106 Shadywood Dr Austin, TX 78745





Continuing Educational, Vocational, and Community Experiences for Youth and Adults with Special Needs

The adventurers Academy is a 501(c)(3) nonprofit organization.

Diane Mackey, Executive Program Director 7106 Shadywood Dr, Austin, TX 78745-6464 512-443-4514 (H), 512-784-2479 (M)

diane@austinadventurers.org --- www.austinadventurers.org

Dear Friend:

٨D

For over 25 years, the Adventurers of Austin, Texas have organized educational and recreational activities for youth and adults with special needs in the Austin, Texas area. Our mission is to help those we serve develop lifelong independence and achieve their full potential through educational, vocational, and community experiences.

In September 2012 the Adventurers launched the *Adventurers Academy of Lifelong Learning*. This new program provides educational, vocational, and community opportunities on a daily basis. Adults and youth with intellectual and developmental disabilities become more independent as they learn new skills, develop new interests, and become more involved in their community.

Every year we raise funds to make these experiences possible and this year, with the launch of the new Adventurers Academy, our needs are greater than ever. <u>Will you help us</u>?

We will hold our <u>5<sup>th</sup> annual Adventurers Spring Fest on May 11<sup>th</sup> from 11:00 AM-7:00 PM</u> at La Fuente's Restaurant in South Austin. Spring Fest is a celebration of the Adventurers with a silent auction, awesome live, local entertainment, food, and lots more fun activities. We are again asking our friends in the community to support the Adventurers efforts. You can help us in two ways:

• <u>Will you make an in-kind donation to our silent auction</u>? Any merchandise, service, gift certificate you are able to donate will be greatly appreciated!

or

• Make a monetary gift to help support the Academy and all our community experiences.

The Adventurers Academy is a 501(c)(3) tax exempt nonprofit organization. All donations are tax deductible.

We would greatly appreciate any support you can give the Adventurers and the Adventurers Academy of Lifelong Learning.

For more information or to make a silent auction donation:

- Contact Diane Mackey at 512-443-4514 or <u>diane@austinadventurers.org</u>
- Mail or email your Auction Donor Form

Thank you for your support!

Diane Mackey Adventurers Academy of Lifelong Learning To make a monetary donation send your information and check to:

Adventurers Academy 7106 Shadywood Dr. Austin, TX 78745

### News You Can Use

# CRANE FLIES

Submitted by Wizzie Brown

Crane flies can be small to large insects- topping out at about 1 inch- with long, slender legs and a V-shaped suture on the thorax. Legs tend to break off very easily, so you may often encounter these insects with less than 6 legs (see image). Adults are often mistaken for giant mosquitoes and may frighten some people.

Crane flies are often referred to as "mosquito hawks". The name mosquito hawk is usually used to refer to dragonflies, but sometimes is also used to refer to a large species of mosquito with a larval stage that feeds on other mosquito species. Some people think that crane flies eat mosquitoes, but this is untrue. Adult crane flies feed on nectar or are non-feeding.

Crane fly larvae are found in moist soil feeding on decaying organic matter. The larvae are wormlike and legless without well-developed heads. Some species of the larvae feed on roots of turfgrass or other plants. Crane fly larvae usually do not cause enough damage to be considered a pest, but with very high populations management may be needed. In Texas, crane flies can become abundant in the spring. While the adults may become a nuisance coming into homes or disturbing outdoor activities, they do not cause damage and do not bite. Encourage people to keep doors and windows closed, make sure that screens are in good repair. Either turn off outside lights at night or use "bug bulbs" to reduce the number of crane flies that are drawn near the home because of light sources.

For more information or help with identification, contact Wizzie Brown, Texas A&M AgriLife Extension Service Program Specialist at 512.854.9600. Also check out www.urban-ipm.blogspot.com



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### CONTROLYOUR WEIGHT, MINIMIZE CANCER RISK

Controlling weight can help a person reduce the risk of cancer, said an oncologist from the NCI-designated Dan L. Duncan Cancer Center at Baylor College of Medicine.

"We do not know exactly how and why obesity affects cancer risk, but we know there is an increase, so it is important for everyone to control their weight to minimize this risk," said Dr. Kent Osborne, director of the Duncan Cancer Center and the Lester and Sue Smith Breast Center, both at BCM.

Research has linked obesity to a greater risk of developing esophageal, pancreatic, colorectal, breast, endometrial, kidney, thyroid and gallbladder cancer, Osborne said.

In some cancers like breast cancer, there is also an increase in the risk of recurrence if a patient already has the cancer and is obese.

Many other factors, such as genetics, may play a role in cancer development, but keeping a normal weight is one thing people can change and it may help, he said.





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### News You Can Use

### Food Safety Tips Help Prevent Food Poisoning

When getting together to cook for loved ones, the last thing you want is to get sick from the food you eat. Roberta Anding, a registered dietitian at Baylor College of Medicine, has a few tips to keep your food safe.

• Always use a meat thermometer to check if meat is fully cooked. The color of the meat can't determine the safety of the meat. All meat should be cooked to 165 degrees Fahrenheit.



- Wash your hands frequently and thoroughly during food preparation.
- Wash all produce before cutting and chopping.
- Refrigerator leftovers within two hours.
- Use a thermometer when reheating food as well. Following these basic guidelines will ensure that the food you serve
- is safe to eat, said Anding.

### Sinuses Can Be a Pain in the Head, Not Neck

That troublesome headache might not be a migraine or brought on by tension. It could be caused by sinus trouble, said doctors at Baylor College of Medicine.

"The sinuses work to humidify and cleanse the air, lighten the weight of the skull, and provide resonance to the voice. Sometimes, the sinuses fail to function correctly, leading to sinus pain caused by an infection or nasal congestion," said Dr. Mas Takashima, assistant professor of otolaryngology at BCM and director of the Baylor Sinus Center. Sinus headaches usually occur along with congestion. Many things can cause sinus pressure and pain, such as sinus infections, nasal allergies, nasal polyps, septal deviations as well as enlarged vascular structures in the nose called turbinates.

"Sinus pain can also be exacerbated by the weather or even plane travel as the pressure changes in the air around you," said Takashima.

Therapy is based on cleansing and decongesting the nose. This can be accomplished with something as simple as nasal irrigation using salt water. Steam, as found in a hot shower, may also provide decongestion and relief. If the problem is caused by infection then antibiotics are used. If it is allergy related, allergy medications may be prescribed. Occasionally surgery is required to keep the passages open.

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### PERSONAL CLASSIFIED

**WANTED:** I am a grandmother from MN who is looking for a way to find a female homeowner within the community who needs a house/pet sitter for the month of July (or would be willing to rent space within her home) when I will be down here for the birth of my 2nd grandchild in Circle C. Cheryl Dailey, 651-398-8443



### NOT AVAILABLE ONLINE

### News You Can Use

### **CROSSWORD PUZZLE**



#### ACROSS 1. Bad (prefix)

10. Monkey

13. Plan

16. Swab

22. Cool

4. Asks for legally

Sensibility"

14. More humble

11. Author of "Sense and

#### DOWN

- 1. Lava
- 2. Sleep disorder
- 3. Biblical outcast
- 4. Casing
- 5. Money
- 12. Gross national product (abbr.) 6. Tree
  - 7. Detail
  - 8. Business note
  - 9. Metal fastener
- 17. Retired persons association (abbr.) 15. Kilometers per hour
  - 19. Cell stuff

24. Mud brick

28. Secondary

30. Rejoicing

25. Inferred

27. Dress

32. Grain

23. Give

21. Capital of Ecuador

26. Account (abbr.)

© 2006. Feature Exchange

- 26. Poisonous snake
- 29. African country

18. Education (abbr.)

20. Headquarters (abbr.)

- 31. Penzoil is this (2 wds.)
- 33. MD
- 34. Build
- 35. Kimono sash
- 36. Walk quietly
- 37. Misty

View answers online at www.peelinc.com





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REAL ESTATE	TOTAL	TOTAL Average 6 Months Sold History (10/2012 - 3/2013)				TOTAL		
PARTNERS	Homes	Square	Price /	Sold	Year	Days On	Available	Pending
	Homes Sold	Square Feet	Price / Sq. Foot	Sold Price \$K	Year Built	Days On Market	Available	Pending Sale
							Available	
PARTNERS	Sold	Feet	Sq. Foot	Price \$K	Built	Market		Sale
PARTNERS Circle C Central	Sold 25	Feet 2,790	Sq. Foot \$ 119	Price \$K \$ 331 \$ 291 \$ 414	Built 1992 1996 1997	Market 45	4	Sale 14
PARTNERS Circle C Central North	Sold 25 13	Feet 2,790 2,049 3,541 2,290	Sq. Foot           \$ 119           \$ 142           \$ 117           \$ 126	Price \$K \$ 331 \$ 291 \$ 414 \$ 289	Built 1992 1996	Market 45 20	4 2	Sale 14 1
PARTNERS Circle C Central North On The Park	Sold 25 13 7	Feet 2,790 2,049 3,541	Sq.Foot \$ 119 \$ 142 \$ 117	Price \$K \$ 331 \$ 291 \$ 414 \$ 289 \$ 332	Built 1992 1996 1997	Market 45 20 34	4 2 1	Sale 14 1 0
PARTNERS Circle C Central North On The Park Wildflower Park West Vintage Place	Sold 25 13 7 9	Feet 2,790 2,049 3,541 2,290	Sq. Foot           \$ 119           \$ 142           \$ 117           \$ 126	Price \$K \$ 331 \$ 291 \$ 414 \$ 289	Built 1992 1996 1997 2001	Market 45 20 34 49	4 2 1 0	Sale 14 1 0 0
PARTNERS Circle C Central North On The Park Wildflower Park West Vintage Place Hielscher	Sold 25 13 7 9 2 9 9 14	Feet 2,790 2,049 3,541 2,290 1,955 3,093 3,068	Sq.Foot \$ 119 \$ 142 \$ 117 \$ 126 \$ 170 \$ 115 \$ 130	Price \$K \$ 331 \$ 291 \$ 414 \$ 289 \$ 332 \$ 357 \$ 400	Built 1992 1996 1997 2001 1999 2004 2003	Market 45 20 34 49 11 39 15	4 2 1 0 0 0 1	Sale 14 1 0 0 3
PARTNERS Circle C Central North On The Park Wildflower Park West Vintage Place	Sold 25 13 7 9 2 2 9	Feet 2,790 2,049 3,541 2,290 1,955 3,093	Sq.Foot \$ 119 \$ 142 \$ 117 \$ 126 \$ 170 \$ 115	Price \$K \$ 331 \$ 291 \$ 414 \$ 289 \$ 332 \$ 357	Built 1992 1996 1997 2001 1999 2004	Market 45 20 34 49 11 39	4 2 1 0 0 0	Sale 14 1 0 0 3 1
PARTNERS Circle C Central North On The Park Wildflower Park West Vintage Place Hielscher	Sold 25 13 7 9 2 9 9 14	Feet 2,790 2,049 3,541 2,290 1,955 3,093 3,068	Sq.Foot \$ 119 \$ 142 \$ 117 \$ 126 \$ 170 \$ 170 \$ 115 \$ 130	Price \$K \$ 331 \$ 291 \$ 414 \$ 289 \$ 332 \$ 357 \$ 400	Built 1992 1996 1997 2001 1999 2004 2003	Market 45 20 34 49 11 39 15	4 2 1 0 0 0 1	Sale 14 1 0 0 3 1 4
PARTNERS Circle C Central North On The Park Wildflower Park West Vintage Place Hielscher West	Sold 25 13 7 9 2 9 9 14 12	Feet 2,790 2,049 3,541 2,290 1,955 3,093 3,068 3,458	Sq.Foot \$ 119 \$ 142 \$ 117 \$ 126 \$ 170 \$ 115 \$ 130 \$ 127	Price \$K \$ 331 \$ 291 \$ 414 \$ 289 \$ 332 \$ 357 \$ 400 \$ 438	Built 1992 1996 1997 2001 1999 2004 2003 2005	Market 45 20 34 49 11 39 15 32	4 2 1 0 0 0 1 2	Sale 14 1 0 0 3 1 4 4 4
PARTNERS Circle C Central North On The Park Wildflower Park West Vintage Place Hielscher West Park Place	Sold 25 13 7 9 2 9 2 9 14 12 4	Feet 2,790 2,049 3,541 2,290 1,955 3,093 3,068 3,458 2,635	Sq.Foot \$ 119 \$ 142 \$ 117 \$ 126 \$ 170 \$ 115 \$ 130 \$ 127 \$ 135	Price \$K \$ 331 \$ 291 \$ 414 \$ 289 \$ 332 \$ 357 \$ 400 \$ 438 \$ 355	Built 1992 1996 1997 2001 1999 2004 2003 2005 2005	Market 45 20 34 49 11 39 15 32 4	4 2 1 0 0 0 1 2 0	Sale 14 1 0 0 3 1 4 4 4 1
PARTNERS Circle C Central North On The Park Wildflower Park West Vintage Place Hielscher West Park Place Muirfield	Sold 25 13 7 9 2 9 9 14 12 4 7	Feet 2,790 2,049 3,541 2,290 1,955 3,093 3,068 3,458 2,635 3,724	Sq.Foot \$ 119 \$ 142 \$ 117 \$ 126 \$ 170 \$ 115 \$ 130 \$ 127 \$ 135 \$ 137	Price \$K \$ 331 \$ 291 \$ 414 \$ 289 \$ 332 \$ 357 \$ 400 \$ 438 \$ 355 \$ 509	Built 1992 1996 1997 2001 1999 2004 2003 2005 2005 2005	Market 45 20 34 49 11 39 15 32 4 4 36	4 2 1 0 0 1 2 0 1	Sale 14 1 0 0 3 1 4 4 4 1 4
PARTNERS Circle C Central North On The Park Wildflower Park West Vintage Place Hielscher West Park Place Muirfield Enclave 1&2	Sold 25 13 7 9 2 9 9 14 12 4 7 7 7	Feet 2,790 2,049 3,541 2,290 1,955 3,093 3,068 3,458 2,635 3,724 2,942	Sq.Foot \$ 119 \$ 142 \$ 117 \$ 126 \$ 170 \$ 115 \$ 130 \$ 127 \$ 135 \$ 137 \$ 132	Price \$K \$ 331 \$ 291 \$ 414 \$ 289 \$ 332 \$ 357 \$ 400 \$ 438 \$ 355 \$ 509 \$ 387	Built 1992 1996 1997 2001 1999 2004 2003 2005 2005 2005 2005 2007	Market 45 20 34 49 11 39 15 32 4 36 50	4 2 1 0 0 1 2 0 1 3	Sale 14 1 0 0 3 1 4 4 4 1 4 0
PARTNERS Circle C Central North On The Park Wildflower Park West Vintage Place Hielscher West Park Place Muirfield Enclave 1&2 Lacrosse	Sold 25 13 7 9 2 9 2 9 14 12 4 7 7 7 4	Feet 2,790 2,049 3,541 2,290 1,955 3,093 3,068 3,458 2,635 3,724 2,942 2,858	Sq.Foot \$ 119 \$ 142 \$ 117 \$ 126 \$ 170 \$ 115 \$ 130 \$ 127 \$ 135 \$ 137 \$ 132 \$ 121	Price \$K \$ 331 \$ 291 \$ 414 \$ 289 \$ 332 \$ 357 \$ 400 \$ 438 \$ 355 \$ 509 \$ 387 \$ 346	Built 1992 1996 1997 2001 1999 2004 2003 2005 2005 2005 2005 2007 2007	Market 45 20 34 49 11 39 15 32 4 4 36 50 123	4 2 1 0 0 0 1 2 0 1 3 0	Sale 14 1 0 0 3 1 4 4 4 1 4 0 2
PARTNERS Circle C Central North On The Park Wildflower Park West Vintage Place Hielscher West Park Place Muirfield Enclave 1&2 Lacrosse Alta Mira	Sold           25           13           7           9           2           9           14           12           4           7           4           7           4           10	Feet 2,790 2,049 3,541 2,290 1,955 3,093 3,068 3,458 2,635 3,724 2,942 2,858 2,765	Sq.Foot \$ 119 \$ 142 \$ 117 \$ 126 \$ 170 \$ 115 \$ 130 \$ 127 \$ 135 \$ 137 \$ 132 \$ 121 \$ 140	Price \$K \$ 331 \$ 291 \$ 414 \$ 289 \$ 332 \$ 357 \$ 400 \$ 438 \$ 355 \$ 509 \$ 387 \$ 346 \$ 386	Built 1992 1996 1997 2001 1999 2004 2003 2005 2005 2005 2007 2007 2007	Market 45 20 34 49 11 39 15 32 4 4 36 50 123 34	4 2 1 0 0 1 2 0 1 3 0 1	Sale 14 1 0 0 3 1 4 4 4 1 4 0 2 0
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