



Volume 10, Number 11

NOVEMBER 2013

www.circlecranch.info

HOA ANNOUNCEMENTS

Submitted by Karen Hibpsman, HOA Manager

CIRCLE C KID'S HOLIDAY PARTY

Date: December 7, 2013

Time: 10am-1:00pm

Location: Circle C Community Center

Save the Date! Come enjoy breakfast tacos, holiday crafts, a train ride, petting zoo, Games2U video-mobile, face painting, balloon twisters, and Santa! This event is for residents only. Admission per child is one awesome unwrapped present benefitting the toy drive for the Adoption Coalition of Texas.

CIRCLE C ADULT HOLIDAY & CASINO PARTY

Date: December 14, 2013

Time: 7pm-10pm

Location: Circle C Community Center

Save the Date! The Adult Holiday & Casino Party is back! Tickets will go on sale November 1, 2013 and is open to residents ONLY until November 15th. Ticket cost is \$10/per person and may be purchased at the Circle C Community Center Monday – Friday between 9am and 5pm. Activities will include: hors d'oeuvres, a cash bar, and casino play, raffle of prizes, music & dancing.



HOLIDAY CLOSURES

HOA Offices:
Closed November 28 – 29,
December 24 – 27
& December 31 - January 1

The Swim Center will be closed from December 15-January 27th for re-plaster and renovation. More information will be posted on the website as it becomes available or you can contact director@ccswim.net

CCHOA NUMBERS

HOA Mgmt Office info@circlecranch.info or 288-8663
HOA Financial Office tgiles@mgilescpa.com or 451-9901
Aquatics Director director@ccswim.net or 288-4239

Newsletter Publisher

Peel, Inc. advertising@PEELinc.com or 512-263-9181

Circle C Amenities

Circle C Café 288-6058
Circle C CDC..... 288-9792
Circle C Swim Center 288-6057
Circle C Community Center Pool..... 301-8259
Grey Rock Tennis Club ...info@GreyRockTennis.com or 301-8685

CIRCLE C GATED COMMUNITIES

Enclave off Spruce Canyon (KB)

Spectrum Management 512-834-3900

Enclave off La Crosse (Streetman)

Plateau Property Management.....Rosalyn Peterson, 512-441-1041

Fairways Estates

Spectrum Management 512-834-3900

Park West

Goodwin Management..... Marilyn Childress, 512-502-7509

Muirfield

Real Manage..... Tom Ellis, 866-473-2573

BOARD OF DIRECTORS

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Jason Bram Board Member
Steve Urban..... Board Member
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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 457-4885
Street Light Outage..... 311
Schools
Clayton Elementary 841-9200
Kiker Elementary 414-2584
Gorzycki Middle School..... 841-8600
Bowie High School 414-5247
Mills Elementary..... 841-2400

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 ashley@circlecranch.info by the 10th of the month. The newsletter can also be viewed online at www.circlecranch.info.

ADVERTISING INFO

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

MISSION STATEMENT

Peel, Inc. Community Newsletters

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

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For details visit *ADClinic.com* or call ADC's Flu Hotline
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HAVE YOU REGISTERED YET?

www.circlecranch.info

Features of the Circle C HOA Website:

Resident Directory (names
posted only with resident's
approval)

Current Events and
Announcements

Documents and Forms
(i.e. ACC guidelines, deed
restrictions, financials, etc.)

Amenities Information

Classifieds

And More!



HOA ANNOUNCEMENTS

SUBMITTED BY KAREN HIBPSHMAN, HOA MANAGER

HOLIDAY LIGHTING CONTEST

This year's holiday lighting contest will be held December 13-15. In order for a home to be included, the address MUST be submitted to our office no later than midnight, December 8, 2013.

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 ashley@circlecranch.info.

SPONSOR THE ADULT HOLIDAY PARTY!

We are looking for residents who own a local business and are interested in supporting the Adult Holiday Party on December 14th by donating a raffle prize. At the Adult Holiday Party, residents play fun casino games together and are able to cash in their casino chips for raffle tickets. They can then use those tickets toward the prize(s) of their choice. If you would like to donate a gift basket or gift certificate from your business, please contact Ashley at ashley@circlecranch.info. Your business would be recognized on the Circle C website home page, in the newsletter, and in an email announcement. Contact ashley@circlecranch.info for more details and/or to participate.

CHRISTMAS LIGHTS

Home holiday lights should follow the practice of the CCHOA common area lighting – lights should not be turned on until Thanksgiving Eve. Holiday lighting should comply with the schedule listed in the Declaration of Covenants, Conditions, and Restrictions – have all lights and decorations down by January 15, 2014.

ANNUAL MEETING & BOARD ELECTION

The Nominating Committee is accepting nominations for the two open board seats (elections to be held at the Annual Meeting on March 5, 2014) through January 10, 2014. You can download a Candidate Questionnaire from the News Section of the Circle C Website at www.circlecranch.info. The Nominating Committee will host a Candidate Forum in February. The date will be posted on the website and in the February newsletter.

The Annual Meeting and Election will be held on March 5, 2014 at the Circle C Community Center. Your ballot and proxy will be printed on the back side of the first 2014 CCHOA dues assessment invoice (which is mailed Feb 1st and due Mar 1st)

SECOND FOOD TRAILER NIGHT...EVEN BETTER THAN THE FIRST!

Thank you so much to everyone who came out on Friday, September 27th to enjoy some delicious food, great company, and awesome live music at our second Food Trailer Night! Despite the rain, we still had a great turn out and a great time! We believe even more people attended this one than the first one. But because of the additional trailers and the improved ordering system, the lines seemed to move very quickly this time! And thanks to the live music, kids' activities, bean bag toss,

and free cookies, there was something for everyone. All in all, we'd say this event was a huge success and even better than the first one!

We would like to send a HUGE thank you to Close2MyHome™ and the neighborhood businesses on the directory for putting together this awesome event! From booking the trailers to setting out the chairs and tables, Close2MyHome™ did it all! We appreciate your hard work and for bringing our community together for this fun event. So remember the next time you need anything for your home, family, yard, pet or car go to your Close2MyHome™ neighborhood directory. The pre-qualified businesses are owned or recommended by your neighbors. You can find it on the Circle C HOA home page or by going to www.Close2MyHome.com.

We would also like to send a huge thank you to everyone else who was involved in making this event a success: Atlas Realty, Marquee Events, Keep Austin Weird Realtors, Gymboree, Austin Real Estate Partners, Trips to the Mouse, Citywide AC, and Tiff's Treats.

We are currently in the planning stages for the next trailer night on Friday, October 18th, where we will have tapas style menus and microbrew tastings from four local breweries. We are always looking at ways to improve our events, so please send any suggestions or comments to John Ed Marchak with Close2MyHome™ at jed@close2myhome.com.



PUBLIC INVITED TO MOPAC SOUTH OPEN HOUSE NOVEMBER 7

The Central Texas Regional Mobility Authority and the Texas Department of Transportation invite the community to provide input and learn more about possible improvements to MoPac South at an Open House on November 7. The Open House will be held in the James Bowie High School cafeteria, 4103 Slaughter Lane, 5 to 8 pm.

The project being considered would include mobility and safety improvements along the roadway between Cesar Chavez Street and

(Continued on Page 6)

CCHOA News

CCHOA ANNOUNCEMENTS *(Continued from Page 5)*

Slaughter Lane. Information about the project and the alternatives being considered will be displayed at the Open House. Anyone interested in the project is encouraged to attend the open house. No formal presentation will be given; those attending can come and go at their convenience and speak individually to project team members.

Verbal and written comments will be accepted at the Open House. Written comments not submitted at the meeting can be mailed to the Mobility Authority, C/O MoPac South Environmental Study, 3300 North IH-35, Suite 300, Austin, TX 78705. Comments are also being accepted online at www.MoPacSouth.com. All comments must be received by Monday, November 18 to be included in the official record.

Those unable to attend the meeting who want to learn more about the project or submit a question or comment, are invited to visit the project's Virtual Open House at www.MoPacSouth.com <<http://www.MoPacSouth.com>> from November 8-18. Anyone with questions or special needs is invited to contact Melissa Hurst, at 512-996-9778, at least five days in advance of the Open House.

WHO TO CALL? 311? 911? HOA?

We have received several calls lately that should have been made directly to 911. If you are involved in or witness a situation in which you believe that an officer should be dispatched, do not call the HOA office, call 911 immediately, directly, and personally. The HOA should not take phone calls from homeowners and then make the delayed report to the police. The police department does not like to take a delayed, 2nd person report. It is much more efficient if you make the call directly.

Below is a reminder of who you should call for certain neighborhood concerns:

Call the HOA for the following:

- Complaint on a neighbor's property
 - must be in the CC&R's
 - must be visible from the street
 - you must provide the property address
- Barking dogs
 - must provide property address
 - must provide as much detail as possible (dates, times, description of dog)
- Landscaping issues within the commons areas

Questions regarding your HOA assessment dues should be directed to the Financial Manager, Terri Giles, at (512) 451-9901.

Call 311 for the following:

The City of Austin has a non-emergency telephone line, 3-1-1, that anyone from within the city limits, on either a cell phone or land line, can call for help or advice. If you can't get that number to work, you can also call (512) 974-2000, which will take you to the same line. Operators are available 24 hours a day, seven days a week. If you prefer, you can now report many issues online rather than calling the phone number by visiting <http://www.austintexas.gov/departments/311>.

When should you use 3-1-1?

- If you have solid waste/garbage/recycling concerns or issues.
- If you see a water leak or flood.
- If there is a non-emergency crime that needs to be reported to police.

- If you see an animal left in a vehicle or witness other means of animal cruelty or neglect.
- If you have complaints about a barking dog or animal bites.
- If you have bat issues.
- If you own or see a sick or injured animal (besides livestock or deer).
- If you see debris in the street.
- If a traffic signal is malfunctioning or if a traffic sign needs maintenance.
- If there are trees or low limbs in the street, or vegetation causing blind corners.
- If you need to report a pothole in the road.
- If a dead animal needs to be removed from the road.
- If you see an illegally parked vehicle in the street.

Other Helpful Phone Numbers:

- To report power outages. Call (512) 322-9100.
- If you see an injured deer. Call (512) 389-4848.
- If you have questions about your electric or water account. Call (512) 494-9400.
- If you see tree limbs on power lines. Call (512) 494-9400.
- If you have questions about street construction. Call (512) 974-7065.
- Wildlife rescue issues. Call (512) 472-9453.
- If you have questions about central booking or jail. Call (512) 854-5245.
- If you have questions about Texas Gas Service. Call (800) 700-2443.
- If you have questions or issues with your mail box. Call the Oak Hill Post Office at (512) 892-2794
- If you see an abandoned vehicle. Call (512) 974-8119.

SCOOP THE POOP

Unfortunately, we are still receiving many reports of residents who are not properly cleaning up after their dogs. Cleaning up after your dog doesn't only mean bagging up their waste, but also taking the bag home with you and disposing of it properly.

BASKETBALL HOOPS

According to the Governing Documents, technically basketball hoops are not allowed in Circle C. However, if it is a temporary basketball goal that is in good shape and being used regularly, we do not consider it to be in violation. On the other hand, permanently installed basketball goals, hoops mounted on the home, basketball goals in disrepair, or basketball goals in the City of Austin right of way (this includes the street and within the first 10 feet back from the curb), are not allowed and are considered a violation of the Governing Documents.

DEED RESTRICTIONS

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.

SOUTHWEST

REALTY AUSTIN MARKET UPDATE CIRCLE C

Sept 2013

Average
Sales Price

• \$385k

Average Sold
Price/SqFt

\$138

Average
Days on Market

21

Sept 2012

• \$368k

\$127

30

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**\$11/SQ FT
more!**

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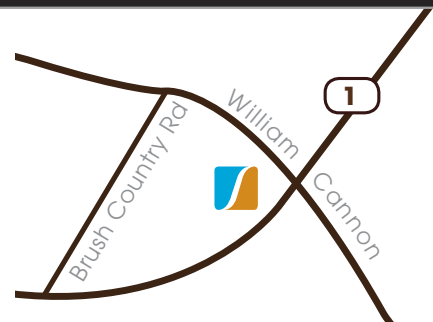
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CIRCLE C SWIM CENTER

Submitted by Sarah Humphrey

CURRENT PROGRAMS

Master's Swimming

In this class, Coach Hayley works with each student to set individual goals that will continue to improve both skill and ability. The class is offered 8:00am-9:15am Monday, Tuesday and Thursday. Come to as many of the classes as you want, or come just once a week and do your custom, individualized workouts on your own time the other 6-days of the week. This program is \$50 a month for residents and \$60 a month for non-residents.

Circle C Select Swim Team

Even with the temperature dropping the Select Swim Team is still going strong with practice every week. Currently the swim team has reached its maximum amount of participants, all very dedicated swimmers. If you have any questions about the team check out the promotional website at: www.select.ccswim.net or send an e-mail to customerservice@ccswim.net

Private Swim Lessons

With the weather being so warm we are still offering private lessons at the Circle C Swim Center. Days and times are flexible, all ages and abilities welcome! If you are interested please contact the front desk or Coach Amanda for more details.

WINTER HOURS

September 30, 2013 - December 14, 2013

SWIM CENTER

Monday-Friday

6-10a.m. Lap Swim Only | 3:30-7p.m. Lap Swim Only

Saturday

8-11 a.m. Lap Swim Only

Sunday

CLOSED

Holiday Closure/Pool Construction

December 14th- January 27th 2014

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CIRCLE C LANDSCAPE

Submitted by
Susan Hoover

Honey Bees – They Give Us More Than Just Honey!

What is the first thing that comes to mind when you think of bees? Probably the pain of a bee sting. Or perhaps the sweet honey they make and how much humans and bears alike enjoy it! But did you know that while a nuisance at times, bees- specifically honey bees- are a vital part of the health of our ecosystem?

The honey bee's efforts at pollination are how we are able to enjoy a vast variety of the foods we consume. Foods such as apples, pears, cucumbers, almonds, avocados and cherries (the foods we get from flowering/fruitle crops) are all reliant on bees to fertilize their flowers so that the fruits will develop. When a bee gets nectar from a flower, it gets coated in pollen. The bee then carries this pollen to another flower, fertilizing it and causing the flower to develop into a fruit. A single colony can visit up to 50,000 blossoms in a single day. In the United States alone, it is estimated that honeybees accomplish 1/4 of the pollination needed for all fruit produced for human consumption - an estimated \$10 billion worth of work each year!

Today's honeybee population is under stress and their numbers are dwindling as never before with rates of decline at about 30% of bee colonies per year. Environmental toxins, modern agricultural practices, exposure to pesticides and the like have all contributed to their stress and increased bees' vulnerability to disease.



The good news is that there are a great number of organizations and experts out there whose main focus is on informing the public about the importance of the honey bee and saving its population but what can you do at home to help? If you see a hive or a swarm, don't attempt to destroy it but instead, call a professional service or bee keeper. Many bee keepers will relocate the hives to places around the city where apiaries are being created. Here in Circle C, two bee hives have been found in walkways or park areas and are being relocated to the top of Whole Foods Market. You can also continue to read up on the importance of the honey bee and teach your little ones about them, because they really are good for more than a sting and a spoonful of honey!

Trivia Question! Do you know the different types of roles bees play in their colony?

Answer: There are three different roles- the Queen, the Drones and the Worker Bees. See what other information you can find on the responsibilities of each role!

RESOURCES

Texas Apiary Inspection Service: <http://tais.tamu.edu/>

Great Plains Nature Center: <http://www.gpnc.org/honeybee.htm>

Scientific American: <http://blogs.scientificamerican.com/guest-blog/2013/06/07/honey-bees-and-monoculture-nothing-to-dance-about/>

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IN THE YARD

Submitted by Jackie Rollins

Enjoy a peaceful respite in the lovely side and back yards of Park West residents Marilyn and Maurice Vaillant



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NEWS FROM THE PARK WEST HOA BOARD OF DIRECTORS

Submitted by Fran Greve

A very warm welcome to the new members of our community; we have had several new families move into Park West this year and we are looking forward to getting to know you. An excellent opportunity to meet new neighbors will be at our Fall Social on Nov. 2, 2013, 4-6 PM at the West Mail Center.

SUBSTANTIAL FRONTYARD CHANGES

For those of you considering substantial changes to your front yards, please remember to submit your plans to the Circle C Architectural Committee FIRST. After Circle C approves your plan, the Park West Board must also approve the plan as our standards are more restrictive. Since part of your dues to the Park West HOA includes having the front yard maintained by the HOA, we limit certain plants and hardscape in order to maintain the look and feel of the community and allow us to economically maintain the yards. As our community ages, we are seeing more shade from our beautiful oak trees and at the same time having to maintain our yards with less water. The result being that now some of the landscaping in our yards is struggling to survive. Circle C has suggested that we seek professional landscaping help in developing 3 front yard plans that would act as a guide to homeowners when they choose to make substantial changes. This help would also guide us in making sure that our rules and appearance standards are compliant with the new state of Texas legislation that affects HOAs. We are currently seeking this professional input. More information about this initiative will be published when we have the plans.

HOA MANAGEMENT

Last year, the Board of Directors voted to increase the responsibilities of the management company as they offer many professional services that benefit our community. It is a work in progress and we are seeing what works for Park West as we go forward. Homeowners received a magnet in their letters in December 2012 with the name of the HOA manager, Marilyn Childress, telephone numbers and email address. Please do not hesitate to contact her, (preferably

by email), at marilyn.childress@goodwintx.com, with your requests, concerns and suggestions. If you have misplaced your magnet, call a Board Member.

SUBMIT IN WRITING

The Board of Directors is readily available to answer your questions, help with any plans before you submit to the Circle C Architectural Committee or provide information about living in our community. The Board meets once a month and sets aside a portion of time at the beginning of the meeting to listen to homeowners. If you are interested in speaking on an issue, please let us know before the meeting by sending an email to any of the Directors and we will add your name to the list of speakers. If you have a request or concern that you would like us to address, please submit it, in writing (either a letter or an email to any member of Board), and we will work for a resolution. It is very important that your concern be submitted in writing. Then your exact concern, in your own words, can be considered. There are five Boards members and having a written request also helps to make sure that your concern does not get misinterpreted and is followed to resolution. Board members' contact information is located on the Park West bulletin boards at the Mail Centers or you may also call the HOA manager for our information.

DISABLED CITIZENS

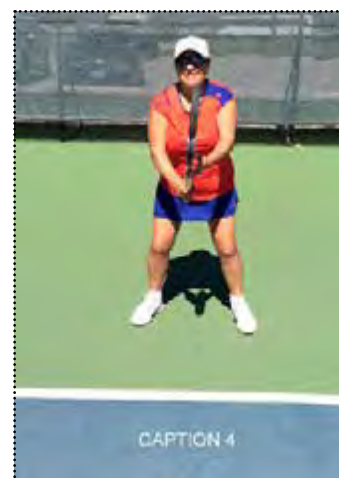
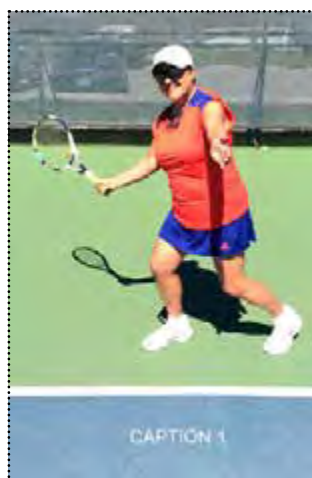
Please be aware that we have some residents who are disabled and use wheelchairs, walkers or canes. It is very important that when you park in your driveway your vehicle does not impede the sidewalk so that residents can use the sidewalk without having to go into the street. This makes us compliant with the Americans with Disabilities Act and is safer for our disabled neighbors. Thank you on their behalf.

We are always interested in participation from our residents, so why not consider joining one of the interest groups or committees that exist in Park West. These are listed on the HOA website or call a Board member for information. We hope to see you at the Fall Social Nov. 2, 4-6PM at the West Mail Center.



TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How To Execute The Forehand Lob

In previous newsletters, I offered tips on how to hit the forehand groundstroke, the two-handed backhand, the one-handed backhand, the forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash”, the forehand service return, the backhand service return, the forehand high volley approach shot, the two handed high volley approach shot and the one-handed high volley approach shot.

In this issue, I will offer instructions on how to execute the Forehand Lob. This shot is used when a player is forced to retrieve a ball that is hit deep and the opponent is either charging to the net or staying far back. The player hitting the lob is looking for “air time” to regain balance and court space. This ball should be hit high enough so the players at the net cannot reach and “slam” the ball down, or force the opponent at the base line to retrieve back. In the illustrations, Carmen Manzur, Member of the Grey Rock Tennis Club, shows the proper technique to execute this stroke.

Step 1: The Back Swing: When Carmen is forced deep into the

court and realizes that she has to hit a defensive lob, she pivots to the right and gets her racket back early. Notice that the head of the racket is low and her left arm is up in front to keep her balance. Her eyes are focused on the path of the ball and her weight is in her right foot.

Step 2: The Point of Contact: Carmen is now ready to hit the ball. Her eyes are now on the point of contact and the face of the racket is tilted at a 45 degree angle to create height and depth on her lob. Her goal is to keep her head still and not start looking up to her opponent or to the other side of the court.

Step 3: The Follow Through: The success of a deep lob is the follow through. Carmen’s wrist is still “laid back” and her shoulder is lifting the racket above her head. Her right arm is still in front of her in order to allow maximum balance.

Step 4: The Shuffle Back: Once Carmen finishes the stroke, her goal is to either move forward toward the net top to hit an overhead, or to paddle back to the middle of the court to drive the next ball back to the opponent.

Look in the next Newsletter for: How to execute “The Two-Handed Backhand Lob”

John Squires and the Squires' Team with **Keller Williams Realty**, your neighbors and Realtors for life!



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



John Squires and the Squires Team sell scores of homes in Circle C Ranch, but they also work in many other areas all over Austin. Many sellers in Circle C want to "move-up" or "move-down" to other areas of Austin, such as Lakeway, Westlake, Rimrock, Dripping Springs, etc. Some move for the school systems and some move to retire. Below are 9 homes John has either listed or has placed buyers under contract in the last month in different areas all around Austin. John has lived in Austin since 1960, (yes, he's *that* old) so he knows the area. Please allow him to help you with all of your needs.

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



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John's Listing—2729 Regents Park in Treemont of Westlake. Stunning Chicago Brick with outdoor living area/cabana, diving pool/hot tub all on .65 acre with 50 foot hardwood trees. Unbelievable location close to town. \$1,275,000.!

John's Listing -125 Abbott in Belterra. Jaw-dropper former Scott Felder model home. 1-story with GE Monogram thru! Covd. Patio w/greenbelt behind! \$444,500.



John's listing—500 Sunny Lane- \$1,075,000. Stunning downtown views in Travis Heights!

John's buyer and listing! 4616 Walsall Loop. Perfect cottage at \$239,000.

John's buyer—11417 Archstone-Stunning David Weekley with grotto pool. \$475,000.

10100 Silver Mountain in Lewis Mountain Ranch. "JUST SOLD!!" \$949,000. John's buyer. "We have been looking for our dream home for over 1 year and John found us this incredible property on 2 acres close to town. John has been great through the whole process. Thanks John!" Dr. Shahram Arzegar and Dr. Sorayya Toloue



John's listing—11200 Casptone Gorgeous Streetman close to Clayton!

John's listing—5608 Gorham Glen Newmark with wood floors, granite, stainless! \$359,000.!

John's Listing 10800 Galsworthy—Gorgeous, backing to greenbelt! \$329,000.

Go to **SquiresTeam.com** for all of your real estate

NOVEMBER EVENTS *at the Wildflower Center*

Submitted by Saralee Tiede

PHOTOGRAPHY CONTEST WINNERS

NOVEMBER 1-30

Winning photography from the Wildflower Center/Texas Highways photo contest in the McDermott Learning Center.

NATURAL PATTERNS

THROUGH DECEMBER 8

Colorful nature paintings by Billy Hassell and exquisite painted metal wildflowers by Charles Allen in the McDermott Learning Center.

WILDFLOWER DAYS™ POSTER

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GREY ROCK TENNIS STAFF BECOMES CERTIFIED

Steve Keller, Director of Development of the Professional Tennis Registry, conducted a "10 and under" certification to the staff of the Grey Rock Tennis Club, and other pros from Texas and Kansas. The two day certification course dealt with teaching tennis following the progression of proper size of rackets, balls and courts for children 4 years through 10 years old. Grey Rock Staff who attended the certification were Dennis Ralston, Mike Ralston, Francisca Mardones, Gus Manzur, Mariano Gonzalez and Fernando Velasco.



GREY ROCK RECEIVES NATIONAL RECOGNITION

Last February, Fernando Velasco, General Manager of the Grey Rock Tennis Club, was nominated and received the "2013 Facility Manager of the Year – Small Facility" for the Texas Division of the USPTA. This award qualified him to compete against the other 16 Managers of the different Sections of the USPTA. He was selected as the National 2013 recipient of this award, which was presented at the USPTA National Convention on September 25 in Orlando.



The criteria for receiving this award is a combination of services offered for Members. These include lessons, programs and club membership growth, and additional programs such as wheelchair tennis, adaptive tennis and Special Olympics. These programs enhance the image, not only for the Club, but also to make tennis accessible to people with special needs and challenges.

Upon receiving this great honor, Velasco commented "I want to share this award with the entire staff, and with the Members of the Club, that believe in our goals, vision and objectives of making Grey Rock Tennis Club a complete Family Tennis Club. Thanks for trusting and believing in us".



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Virginia W, age 87

36TH ANNUAL MARKETPLACE

November 9 from 9AM - 4PM

Submitted by Rondena Mackey

Bethany Marketplace is planned for SATURDAY, November 9 from 9AM-4PM. This craft show, featuring handcrafted items from over a hundred craftsmen is the major mission fundraiser for the Women of Bethany LWML. Lunch and baked items will be available for purchase. Admission & parking is FREE.

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Submitted by Dorian de Wind

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Facilities include a large hall with full kitchen, ice machine and other amenities. Outside patio and decks for picnic, bands, dancing, etc. BBQ pits are built-in on the patios. Also available is a smaller hall that can accommodate up to 75 people. Other amenities include billiards, card tables and a great swimming pool. Proceeds of rentals are used to support the Post, veterans and the local community. Please contact Bob at 512-288-4443, or visit the Post's web site at www.vfw4443.org and click on "Facilities Rental."

SWING NETWORKING GROUP

Do you have your own business? Are you a sales representative? Do you want to meet small business people in Southwest Austin? Come join the Southwest Austin Inclusive Networking Group (SWING). We have been meeting every Thursday morning from 8AM to 9:30 at the Waterloo Ice House on Escarpment and Slaughter Lane for over 8 years. There are no dues, no initiation fees, no attendance requirements, other than you pay for your own breakfast. We are an inclusive group. Competition is welcome.

For more information contact Liz 512-301-6966 or Peter 512-695-2334. peterberardino@gmail.com.



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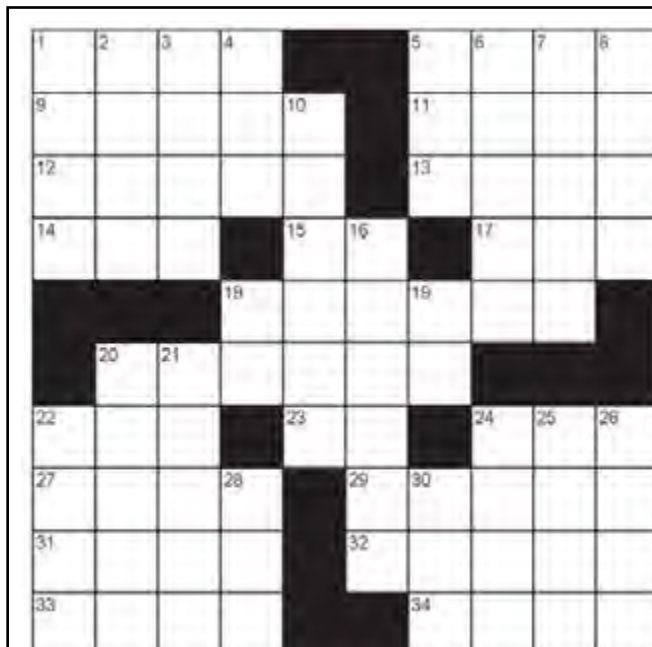
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22. Electric spark
23. Miss lang
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33. Madam
34. Ribald

DOWN

1. Tides
2. Cafe
3. Far away
4. Day of wk.
5. Sup
6. Mont __
7. Ms. Winfrey
8. Curious
10. City
16. Toil
18. Movie alien
19. Fashionable
20. Play
21. Smoky
22. Cain killed him
24. Skimp
25. Afresh
26. Posttraumatic stress disorder
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30. Unwell

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Scorpions are arachnids with eight legs and two body regions. Scorpions also have two pincers or claws, called pedipalps, which help them hold their prey as they eat. They also have a long tail with a stinger on the tip that is used for defense or to paralyze prey. The most common scorpion in Central Texas is the striped bark scorpion. This species is yellowish-tan with two dark stripes that run along the back. Striped bark scorpions get up to 2 ½" in length.

Striped bark scorpions are capable of stinging, but only cause moderate reactions for most people. Ice packs can be placed on the sting area to reduce pain and swelling. A person stung by a scorpion should be watched closely for several hours following the incident to ensure that an allergic reaction does not manifest. If breathing difficulties or hives occur, seek immediate medical attention.

To help keep scorpions from moving into the home, suggest the following techniques:

- Removing debris (including firewood) away from the home
- Pruning any trees or shrubs that touch or overhang the house
- Replacing weather stripping as needed around doors or windows
- Stuffing weepholes with copper mesh
- Sealing cracks & crevices and/ or pipe penetrations with sealant
- Treating the foundation of the home with a pesticide
- Look for active ingredients such as permethrin, cypermethrin, deltamethrin, carbaryl, propoxur

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

The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service or the Texas A&M AgriLife Research is implied. Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin.

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PERSONAL CLASSIFIED

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FOR SALE: 2007 Mazda3 Sport Touring Sedan - \$11,999. Excellent condition; one owner. Mileage: 24,800. More info on Autotrader.com - ID # 102766594 or call 847-400-7281.

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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.

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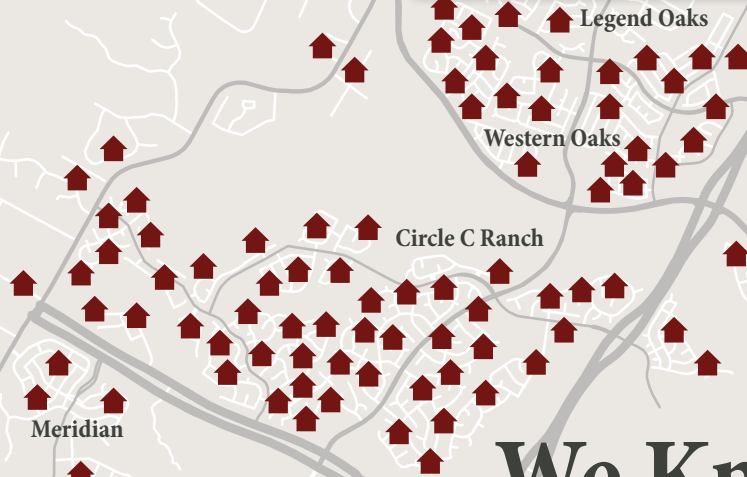
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- Kids Stuff -

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



You've been looking forward to Thanksgiving dinner all year — turkey, mashed potatoes, cranberry sauce, and pumpkin pie. Mmm-mmm! But after you finish that second helping of turkey with gravy, you start to feel a little sleepy.

As your Uncle George starts to explain why eating turkey makes people so tired, you suddenly feel like curling up in front of the TV and napping until next Thanksgiving. But is gobbling up all that turkey really to blame?

THE USUAL SUSPECT: L-TRYPTOPHAN

Not exactly. Here's why: Turkey meat contains a lot of an amino acid called L-tryptophan (say: el-trip-teh-fan). Amino acids are the "building blocks" for the proteins that make up our muscles and other important parts of our bodies. (L-tryptophan is just one kind of amino acid — there are many different kinds of amino acids in the foods we eat.)

When we eat foods that contain L-tryptophan, this amino acid travels in the blood from the digestive system and later enters the brain. The brain then changes the L-tryptophan into another chemical called serotonin (say: sare-uh-toh-nin). Serotonin calms us down and helps us sleep.

But scientists now know that L-tryptophan can really only make a person tired right away if it is eaten or taken by itself without any amino acids. And the protein in turkey contains plenty of other amino acids!

BLAME IT ON BLOOD FLOW

Most scientists think that there's a different reason why eating a special meal might make you drowsy. Eating a big Thanksgiving dinner causes increased blood flow to the stomach (needed to help digest the meal) and less blood flow to the brain.

AVOIDING DROWSINESS

So just how do you avoid that sleepy feeling on Turkey Day?

- Eat small, healthy meals (try to limit junk foods) throughout the day before you sit down for your big meal — don't starve yourself in anticipation of the feast to come.
- Have small portions of foods that are part of your Thanksgiving meal (including whatever veggies are on the table).
- Drink water and take breaks while you are eating to see how full you've become.
- Stop eating once you're full — there will always be leftovers tomorrow.
- Finally, take a walk outside afterward to digest your meal. This will make you feel better than crashing on the couch.

Follow these tips and have a Happy Thanksgiving — gobble, gobble!

REVIEWED BY: Steven Dowshen, MD

DATE REVIEWED: August 2009

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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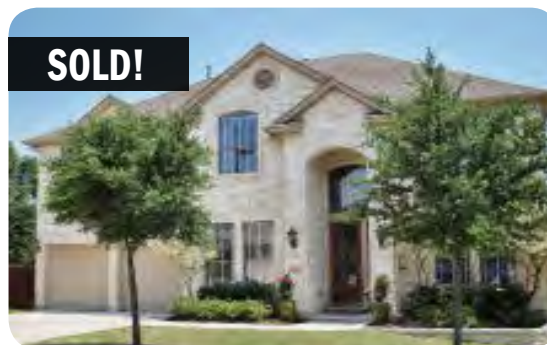
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	TOTAL	AVERAGE					TOTAL	
	Homes Sold	Square Feet	Price / Sq. Foot	Sold Price \$K	Year Built	Days On Market	Available	Pending Sale
Circle C Central	62	2,828	\$ 128	\$ 363	1993	14	8	16
North	25	2,107	\$ 148	\$ 313	1996	21	2	3
On The Park	9	3,680	\$ 128	\$ 472	1996	22	0	0
Wildflower	14	2,263	\$ 142	\$ 322	2001	6	0	0
Park West	11	2,280	\$ 157	\$ 359	2001	13	2	1
Vintage Place	7	3,595	\$ 115	\$ 415	2003	7	1	0
Hielscher	23	2,959	\$ 140	\$ 415	2002	14	5	0
West	27	3,653	\$ 135	\$ 494	2005	19	2	2
Park Place	4	2,412	\$ 143	\$ 344	2004	3	1	2
Muirfield	9	3,331	\$ 153	\$ 511	2006	15	1	1
Enclave 1&2	7	3,002	\$ 139	\$ 418	2006	25	0	0
Lacrosse	9	2,857	\$ 136	\$ 387	2006	20	0	1
Alta Mira	6	2,969	\$ 142	\$ 421	2007	13	4	0
Fairway Estates	2	4,006	\$ 145	\$ 583	2011	5	2	2
Enclave Estates	1	4,010	\$ 162	\$ 650	2010	4	0	0
Avana-Esquel	5	2,270	\$ 165	\$ 375	2012	49	1	0
Barstow Village	1	2,100	\$ 169	\$ 355	2013	77	0	0
Barstow Court	n/a	n/a	n/a	n/a	n/a	n/a	1	0
Total	222	2,880	\$ 138	\$ 398	2000	16	30	28
% Change Mo/Mo	3%	1%	1%	3%	0%	-1%	25%	-35%
% Change Yr/Yr	17%	0%	11%	10%	0%	-36%	-3%	4%

Market Report data was obtained from the Austin-Multiple Listing Service (MLS) on 10/1/2013. Texas License # 515586.

In some cases new construction and FSBO homes are not included in the MLS data and therefore are not represented. Data is deemed accurate but not guaranteed.