A close-up photograph of several pink and white flowers, likely cherry blossoms, with delicate petals and visible stamens. The flowers are arranged in a cluster, with some in sharp focus and others slightly blurred in the background. The colors range from light pink to a vibrant magenta.

VOLUME 12, NUMBER 5

MAY 2015

CIRCLE C

Community Newsletter

OFFICIAL NEWSLETTER OF THE CIRCLE C RANCH HOA

A PROACTIVE APPROACH TO SELLING YOUR HOME AT TOP DOLLAR IN RECORD TIME

With over \$100 million in sales to date, a proven track record of attracting multiple offers above asking price, and **flexible commissions** Ashley has been recognized as one of Austin's premiere real estate agents. From curb-appeal to multi-media exposure, she proactively addresses every detail that will make your home sell faster at the **highest possible price**.



COMPLIMENTARY HOME STAGING

High-impact staging includes accessories on photo day to make your home "pop"



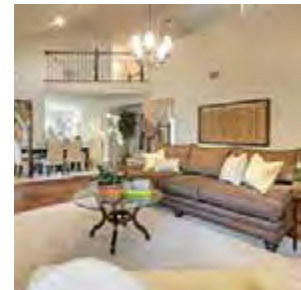
AWARD-WINNING PHOTOGRAPHER

Custom brochures feature interior and exterior photos and professional copywriting



HIGH-IMPACT OPEN HOUSES

A tour of your home's top selling points and follow up with every potential buyer



CONTINUOUS TARGETED MARKETING

Unrivaled Internet exposure on all top real estate websites until your home is "SOLD"



ASHLEY STUCKI
REALTOR®

ASHLEYSTUCKI.COM 512-217-6103 ASHLEY@ASHLEYSTUCKI.COM

REALTY AUSTIN 4301 W WILLIAM CANNON DR, BLDG K, #200, AUSTIN, TX 78749 f/ASHLEYSTUCKIREALTOR @ASHLEYSTUCKI



Austin Business Journal Top 25 Producing Agent 2013, 2014, 2015
Texas Monthly Five Star Agent 2013, 2014, 2015
Austin's Platinum Top 50 Award Winner 2015



HOA Announcements

- 4 HOA Announcements
- 5 It's All About the Soil

Aquatics News

- 6 Dive In Movie Night is Back
- 6 Spring Pool Hours
- 6 Swim Lessons & Swim Team
- 6 Looking for a Summer Job?
- 7 Pre-Teen & Teen Programs

Around Circle C

- 8 Cover Photo
- 9 Colin's Hope
- 10 Easter Bunny Photos Available for Download
- 11 In the Yard
- 12 Circle C Cafe April Menu
- 13 May 2015 Calendar

News You Can Use

- 16 Bicycle and Vehicle Guidelines for Bike Lanes
- 17 Spirituality and Aging
- 18 Mosquitos
- 20 Attention: SW Austin Business Owners
- 23 Breast Cancer: Importance of Early Detection

Sports News

- 24 Tennis Tips

In Every Issue

- 26 Teenage Job Seekers
- 26 Classifieds



www.MaiOrthodontics.com | 512.892.1188

www.facebook.com/MaiOrthodontics

6012 W. William Cannon Drive
Suite D-103
Austin, Texas 78749
512-892-1188

CCHOA NUMBERS

HOA Mgmt Office ..info@circlecranch.info or 512-288-8663
HOA Financial Office..tgiles@mgilescpa.com or 512-451-9901
Aquatics Director director@ccswim.net or 512-288-4239

Newsletter Publisher

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

Circle C Amenities

Circle C Café 512-288-6058
Circle C CDC..... 512-288-9792
Circle C Swim Center..... 512-288-6057
Circle C Community Center Pool..... 512-301-8259
Grey Rock Tennis Club 512-301-8685

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
Real Manage..... Diane Malloy, 866-473-2573
Muirfield
Real Manage..... Tom Ellis, 866-473-2573

BOARD OF DIRECTORS

Kim Ackermann..... President
Chris Poynor..... Vice President
Natalie Placer McClure Secretary
Jason Bram..... Treasurer
Michael Chu Board Member
Bob McKenna..... Board Member
Steve Urban..... Board Member
Contact the Board atdirectors@circlecranch.info

IMPORTANT NUMBERS

City of Austin Solid Waste512-974-1945
Dead Animal Collection.....512-974-2000
Abandoned Vehicle.....512-974-8119
Pothole Complaints.....512-974-8750
Stop Signs512-457-4885
Street Light Outage..... 311
Schools
Clayton Elementary512-841-9200
Kiker Elementary512-414-2584
Gorzycki Middle School.....512-841-8600
Bowie High School512-414-5247
Mills Elementary.....512-841-2400

UTILITY PROVIDERS

Electric Pedernales Elec. 512-219-2602
City of Austin. 512-494-9400
Gas Texas State Gas 800-700-2443
Phone AT&T 800-288-2020
Water City of Austin 512-972-1000
Solid Waste City of Austin 512-974-1945
Post Office Oak Hill Station 800-275-8777

HOA ANNOUNCEMENTS

FOOD TRAILER FAMILY FUN NIGHT

The next food trailer night is scheduled for Friday, May 8th, 5:30pm-8:30pm, at the Circle C Community Center. Join us for good food, fun activities, and great company! Please remember we do not permit glass of any kind at these events. Visit our website, www.circlecranch.info, and stay connected via our email announcements for more details as we get closer to the event.

MEMORIAL DAY HOURS

The HOA offices will be closed on Monday, May 25th in observance of Memorial Day. Regular hours will resume on Tuesday, May 26th.

The Community Center Pool will be open on May 25th from 12:00pm-6:00pm.

The Swim Center Pool will be open on May 25th from 6:00am-10:00am for lap swim only; 10:00am-6:00pm for lap and recreational swim.

EASTER BUNNY PHOTOS AVAILABLE FOR DOWNLOAD

Did you take pictures with the Easter Bunny at the CCHOA Easter Egg Hunt? Photographer Sarah Jordan of Miles of Smiles Photography has posted these photos to her website and they are now available for download through May 15th! The neighborhood is so blessed to have Sarah, who donates her time and talents every year to photograph these beautiful children and families!

To find your images, visit www.milesofsmilesphotography.com and look under the "Announcements" section on that home page. There will be a link that will take you to the Easter Bunny photos. Once there, please be sure to read helpful tips on finding, viewing, and downloading your images. If you need assistance, please contact Sarah at milesofsmilesphotography@yahoo.com

Enjoy!

NEW BOARD OF DIRECTORS OFFICERS NAMED

The CCHOA Board of Directors welcomes Steve Urban back to the board and congratulates Kim Ackermann on her re-election after the 2015 Board elections. New officers were named and they are:

Kim Ackerman.....	President
Chris Poynor.....	Vice President
Jason Bram.....	Treasurer
Natalie Placer McClure.....	Secretary
Michael Chu, Bob McKenna, and Steve Urban.....	Board Members

To contact the Board, please email directors@circlecranch.info

COMMUNITY CENTER POOL OPENS FOR WEEKENDS ONLY STARTING MAY 2

Spring Hours (May 3 - June 8)

Saturday & Sunday Only, 12:00pm-6:00pm

Summer Hours (June 9 – August 24)

11:00am-7:00pm, Closed Tuesdays

Memorial Day (Monday May 25)

12:00pm-6:00pm

Independence Day (Saturday July 4)

12:00pm-6:00pm

Labor Day Weekend (August 30 – September 1)

12:00pm-6:00pm

SNAKES AND OTHER WILDLIFE

We wanted to remind everyone that it's the time of year when the weather is warming up and the snakes and other wildlife are beginning to appear throughout our community. Be careful when you are walking the trails or greenbelts.

CITY OF AUSTIN WATERING SCHEDULE

Please remember that we are still in Stage 2 watering restrictions. Your assigned watering day is determined by property type, type of irrigation used, and whether the street address ends in an even or odd number. Please visit the City of Austin's website for more information, <http://www.austintexas.gov/department/stage-2-watering-restrictions>.

RESTRICTIONS

- Hose-end (manual) irrigation may take place between midnight and 10 a.m. and between 7 p.m. and midnight on your assigned watering day.
- Automatic sprinkler systems may operate between midnight and 5 a.m. and between 7 p.m. and midnight on your watering day.
- Please reduce system run times to fit within this schedule.
- Please ensure that your system has a working rain sensor, or operate the system manually when rain is forecasted.
- Washing vehicles at home is prohibited. If you need to wash a vehicle, you may do so at a commercial carwash facility.
- Charity car washes are prohibited.
- Fountains with either a fall or spray of water greater than four inches are prohibited unless necessary to preserve aquatic life.
- Restaurants may not serve water unless requested by a customer.
- Commercial properties (including restaurants and bars) may only operate patio misters between 4 p.m. and midnight.

EXEMPTIONS

- Watering with a hand-held hose or a refillable watering vessel, such as a bucket or a Treegator®, is allowed at any time on any day of the week.
- Drip irrigation is exempt from the schedule, due to increased efficiency.
- To water trees, soaker hoses may be used under the drip-line of the tree canopy or you may use automatic tree bubblers.
- Watering a vegetable garden with a soaker hose is exempt from the watering schedule.

IT'S ALL ABOUT THE SOIL

Springtime is here which means many of you are starting to think about your lawns and other outside projects. Before you head out to start sprucing up your beds let's take a minute to talk about the importance of soil.

More than likely, you know all about the importance of that top layer of mulch- how it helps to hold in moisture, keep soil cool, and protect it from drying out. Mulch also deters weeds and, when organic, helps to boost the fertility of the soil during decomposition. Think of it this way- just as sunblock serves to protect our skin, so mulch acts as a protective shield over soil. So what about that soil underneath??

Put simply, soil is "the skin of the earth." It forms the thin, outermost layer of the Earth's crust and just like our skin, we can't live without it! Many scientific advances have shown that soil is the foundation of basic ecosystem

function. It is made up of a complex mixture of minerals, water, air, organic matter and countless microorganisms. (It contains the food, water and air that plants need in order to grow!) Soil filters our water, provides essential nutrients to our forests and crops, and helps regulate the Earth's temperature as well as many of the important greenhouse gases. Without soil there would be nowhere to grow the food that is our sustenance. So, it can be said that soil is the "sustainer of life."

What does this mean for you at home? Here are a couple of things to keep in mind regarding soil:

-Ample healthy soil is needed to support strong and resilient root systems. Lawn grasses will thrive in six inches of soil; flowers and veggies need 6 - 12 inches. Realistically, in Circle C, we subsist on rocky ground covered with thin

(Continued on Page 22)

Math Reading Confidence

Each time our students tackle and overcome a new challenge, their confidence grows, and they realize they are achieving more than they thought they could. Kumon puts them on the path to becoming the confident, independent, self-reliant people all parents hope their children can be.

Schedule your free placement test now at your local Kumon Math & Reading Center:

KUMON OF AUSTIN - SOUTH
4404 William Canon
Austin, TX 78749
512.773.6591

KUMON OF AUSTIN - CIRCLE C
5700 W. Slaughter Ln., Ste. 220
Austin, TX 78749
512.796.9661



©2013 Kumon North America, Inc. All Rights Reserved



KUMON®

MATH. READING. SUCCESS.

kumon.com 1-800-ABC-MATH

Dive In Movie Night Is Back!

Get ready for Dive-In Movie Night at the pool! We have some classic flicks playing at the swim center this summer so mark your calendars and join us! Standard guest fees and policies apply. We will clear the pool at 8:00pm and begin the movie at dusk. We hope to see you there!

June 20th
Dr. Seuss' The Lorax

July 18th
The Goonies

August 8th
Jumanji

Swim Lessons & Swim Team

It's time for Group Lessons again! We offer 2 week sessions starting in April and running through the month of August. All participants must complete a swim evaluation before registering for classes, even if they participated in group lessons last year. Evaluations are scheduled by appointment on Sundays from 4:00pm-5:00pm. To schedule an evaluation appointment, please email lessons@ccswim.net.

Our Private Lesson instructors have their availability posted and are ready to get in the water! We have Basic, Premium and Elite instructors ready to help your kids swim this summer. Get ready for Swim Team or just brush up on some safe swimming! Instructor's calendars fill up quickly, so don't wait to book your lessons! Visit circlec.fullslate.com to check out the instructors schedules. When you are ready to book, stop by the swim center to purchase your lessons and we will give you instructions to reserve your lesson dates and times online. For questions, please email lessons@ccswim.net.

The Circle C Select Swim Team is now training Long Course! Dive in with the Circle C Serpents this summer, make some new friends and decrease time in your events! Email customerservice@ccswim.net or call the front desk at 512-288-6057 to set up a tryout with Coach Jennie Lou. Try outs are held Monday-Friday between 3:30pm-4:15pm. Have questions about pricing and billing? Email admin@ccswim.net.

Spring Pool Hours

Swim Center (La Crosse & Escarpment)

March 23rd - June 7th

Monday-Friday

6-10am Lap Swim Only
3:30-8pm Lap Swim and Open Swim

Saturdays

7am-10am Lap Swim Only
10am-6pm Lap Swim and Open Swim

Sundays

10am-6pm Lap Swim and Open Swim

Memorial Day

6 am - 10 am (Lap swim only)
10 am - 6 pm

Community Center Pool (La Crosse & Spruce Canyon)

May 2nd - June 7th

Saturday & Sunday

12pm-6pm

Memorial Day

12pm-6pm

Looking for a Summer Job?

Circle C Aquatics is hiring lifeguards and swim instructors for the summer season!

Don't wait until the last minute to apply! Visit the employment tab on our website, www.circlecranch.info, to fill out an application.

Not certified? No problem! You can get certified in one of our many offered classes this summer. There will be one class May 3rd through the 8th and June 8th through the 12th so sign up now!

For inquiries about lifeguard positions, please email Cami at lifeguard@ccswim.net.

For inquiries about swim instructor positions, please email lessons@ccswim.net.

PRE-TEEN & TEEN PROGRAMS

Pre-Teen/Teen Programs

Do you know a child between the ages of 10 and 14 who loves to spend their summer at the pool? Send them our way because Circle C Aquatics is hosting two great programs at the Swim Center this summer!

Junior Lifeguarding

For kids 11-14 years of age. Interested participants must complete the pre-course swimming evaluation which includes; 25 yards front crawl, 25 yards breaststroke, 1 minute of treading water, 30 second back float OR 25 yards

of backstroke and a 10 foot swim under water. Inquiries can be emailed to Jessy at frontdesk@ccswim.net.

Volunteer Swim Instructor

For kids 10-14 years of age. Volunteers assist the group lesson instructors in teaching classes. Classes vary in ability from beginner non-swimmers to swim team prep classes; ages vary from 3-14 years. This is a great opportunity for teens to build a resume, gain work experience and earn volunteer hours! Inquiries can be emailed to lessons@ccswim.net

Time for a Cooling Check-Up?

Not sure if your current system will get you through the coming season?

Call us for a **Summer Special System Check-Up**. We'll evaluate your system's condition and recommend any needed repairs or replacement.

Already know you need a new system? Get a **FREE** Comfort Consultation with each complete System Replacement!



Hot air, cold air. Call us...We're there!



Air Conditioning • Heating • Refrigeration

(512) 257-COLD (2653)

Servicing all makes and models.

www.bishopsac.com

TACLA26781C SB Services, LLC

STAY COOL AND SAVE MONEY

Energy Savings \$149.99

1 Year Maintenance Agreement

***\$149.99 for first unit. \$89.99 for each additional unit**

Year Service Agreement Includes:

- 2 maintenance visits
- 15-point - AC System Check
- 15-point - Heating System Check
- 10% discount on labor
- 15% discount on parts and materials

Exp. 05/31/15

\$500-1,200 OFF

a Complete
System Replacement
with a
Comfort Consultation

**Please call for details* Exp. 05/31/15

Bishop's Air Control Monthly Newsletter

We will now be putting out a monthly email newsletter, offering money saving deals, preventative maintenance programs and free tips and advice on how to keep your systems running longer and more efficiently. Our newsletter will include coupons and manufacturers' direct discount offers. We will also be featuring a "Tech News" column with the latest advances in environmental technology.

To subscribe to our email newsletter, simply submit your request to service@bishopsac.com. We look forward to hearing from you.

Around Circle C

At no time will any source be allowed to use the Circle C Ranch Newsletter's contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the Circle C Ranch Newsletter is exclusively for the private use of the Circle C HOA and Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

COVER PHOTO

Do you take great photos?

Do you take great photos? Would you like to see your photo published? We are looking for great cover photos for upcoming issues of the Circle C Ranch Newsletter. Our deadline for submittals is always the 9th of the month prior to the issue. All photos should be submitted electronically by the deadline date in high resolution (300 dpi) to sarah@circlecranch.info. Portrait (vertical) photos work best.

This month's cover photo was submitted by resident Nancy Malcolm.

By submitting your photo you agree to allow your photo to be published in future issues of the Circle C Ranch Newsletter or other Peel, Inc. publications. Call 512-263-9181 to find out how to have your business featured on the cover of the Circle C Ranch Newsletter.

WORK WITH THE BEST

LINDA TAKENAKA

MY PROMISE TO YOU

EXEMPLARY SERVICE

You are guaranteed to receive a response from Linda within 3 hours!

YEARS OF EXPERIENCE

Over the years, Linda has sold hundreds of homes in Circle C & South Austin

PROVEN RESULTS

"Linda Takenaka is the BEST real estate investment I ever made."



realty/austin

Linda Takenaka

REALTOR®

lindatakenaka@realtyaustin.com

512.695.8000 | **CircleCLinda.com**

RealtyAustin.com is Austin's #1 Home Search Website, bringing more potential buyers to view your home online than any other website.

Realty Austin is the Fastest Growing Real Estate Firm in Austin... For Good Reason!

Contact Me Today for
All Your Real Estate Needs

512.695.8000



COLIN'S HOPE

by Dorian de Wind

When I was six or seven years old, I witnessed the ocean drowning of a dear aunt. Although too young for the full scope of the tragedy to sink in, the thoughts and the images of that event have remained with me for almost 70 years.

No wonder that, when our young grandson started splashing in our swimming pool a dozen or so years ago, the thought of such an unfathomable occurrence never left our mind. We took every precaution possible, as I am sure the vast majority of parents, grandparents, relatives, caretakers and friends of so many young children do when they let their young ones swim in pools, lakes, rivers, water parks and more.

But the unimaginable does occur -- more often than we think.

Now that another swimming season approaches it may be the time to give "the unimaginable" some thought because if statistics tell the truth, drowning is all too imaginable.

The Centers for Disease Control and Prevention publishes the following grim statistic: From 1999 through 2010, a total of 46,419 deaths from unintentional drowning (including boating) occurred in the United States, an average of 3,868 deaths per year. That is an average of more than 10 drowning deaths each and every day of the year.

But what is even more disturbing, unintentional drowning has become the leading cause of death from unintentional injury among children aged 1-4 years. It replaces deaths resulting from motor vehicle accidents as the leading cause of death from unintentional injury for boys aged 1-4 years. These child-drowning deaths occurred most often in a bathtub for children under one year of age and, in a swimming pool, for children aged 1-4 years. The latter location -- swimming pools -- accounts for more than 50% of all unintentional drowning deaths in that age group, according to the CDC.

At this point, the reader may ask, why the focus on younger children and swimming pools? While, of course, every drowning is an immeasurable tragedy, the loss of a toddler under such horrific circumstances in one's neighborhood pool, is bound to leave an indelible impression. That is what happened on a beautiful June day almost seven years ago at a nearby swimming pool. To be precise, on June 13, 2008, Colin Holst, a proud and happy four-and-a-half-year-old little boy went to "the big" pool -- a swimming pool close to Circle C Ranch -- just one day after graduating from swimming

lessons and receiving his medal. Little Colin, age 4, enjoying a family weekend by the water. Colin was having a ball playing in the fountains and sprinklers with his friends, all moving around the pool together in a clump, playing and splashing and ducking in and out of the water.

Suddenly, in an instant, Colin wasn't with them. Time stood still as all eyes swept the pool looking for him, and then, only moments later, Colin was pulled from the shallow water unconscious and not breathing. Efforts to revive him at the pool were unsuccessful. Colin, the baby boy born "with a mop of dark hair that looked just like his mother," died at the hospital the next day, having never opened his

eyes again after his swim.

Out of this unimaginable tragedy, sprang a glimmer of hope -- even of good. Grief-stricken by their loss and shocked to learn the cruel toll drowning takes on children of Colin's age, Colin's family founded an organization dedicated to preventing such tragedies from befalling other families: Colin's Hope. Simply, "Colin's Hope envisions a world where children do not drown. Colin's Hope raises water safety awareness to prevent children from



drowning."

As our weather warms up, as families once again head for our pools, lakes and beaches, please take time to familiarize yourself with water safety rules -- they might make the difference between a happy summer and the unimaginable. An excellent place to do such is ColinsHope.org. At Colin's Hope, learn about this wonderful organization's many water safety awareness programs, events, campaigns and resources. They all have one vision in mind: "A world where children do not drown. While at Colin's Hope, take a look at their on-line Water Safety Resources Hub," take the "Water Safety Quiz" and please consider volunteering for one of their many activities and programs and making a contribution so that the "glimmer of hope" may become a bright light -- a reality, as much as possible -- for our children and grandchildren.

Acknowledgement: Some of the information and wording in this article comes -- with permission -- from "Colin's Story," at Colin's Hope. Colin's photo and lead image, courtesy Colin's Hope.

Colin's Hope has a mission to raise water safety awareness to prevent children from drowning. They envision a world where children do not drown. To learn more, please visit www.colinshope.org

Around Circle C

Easter Bunny Photos Available for Free Downloads

Submitted by Sarah Jordan with Miles of Smiles Photography

I loved working with the Easter Bunny and all of the adorable Circle C kids again this year! Here are details about where to find and download your image(s) for FREE. The images are available until May 15th, so please be sure to download them before they expire! If you need assistance please email me at miles of smiles photography@yahoo.com.

To find your images, visit www.miles of smiles photography.com and look under the "Announcements" section on that home page. There will be a link that will take you to the Easter Bunny photos. Once there, please be sure to read helpful tips on finding, viewing, and downloading your images.

Enjoy!



matthew horne
Family & Cosmetic Dentistry DDS

Dr. Matthew Horne

Dr. Valerie Doyle

Circle C - 5701 Slaughter Lane
www.TheAustinDentist.com **512.467.4722**

DR. Oogle
2014 - RATED #1
out of
388 Austin Dentists
★★★★★
5.0 out of 5 stars

IN THE YARD

Submitted by Jackie Rollins

The beauty of Park West residents Suzanne and John Lowe's backyard is a colorful and welcoming sign that spring has arrived!



Spring Into Action!

Improve Your Grades & Scores
with Club Z! Tutoring!

- All Subjects • All Ages
- SAT/ACT Prep • LD/ADD
- Study/Organizational Skills
- Flexible Schedules
- No Long-Term Contracts
- Highly Qualified Tutors

Club Z!
In-Home Tutoring Services

"My daughter made an A in Chemistry and Geometry when she was failing both before we got help. I am so thankful to have seen the Club Z! sign and end the school year successfully!"

- C. L. Austin, TX

FIRST SESSION FREE!

512-288-0734

www.clubztutoring.com



Around Circle C



May 2015

Café # 288-6058

Hours: Monday – Friday 3:30-8:00pm, Saturday/Sunday 11am-6pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Specials Are \$10.00 Ready at 5pm					1 Vegetable & Shrimp Flatus, Avocado Salsa, Rice, Beans	2 11am-6:00pm
3 11am-6:00pm	4 Orange Apricot Pork Chops, Coconut Rice Roasted Brussel Sprouts	5 New York Strip, Wild Mushroom Sauce Mashed Potatoes, Cesar Salad	6 Ancho pepper garlic rub grilled chicken Tequilla lime sauce Julienne Chayote Squash & Jicama Oregano Tourne Potatoes	7 Pan Seared Salmon, Spinach & Pine nut Pesto, Sundried tomato Polenta, Cesar Salad	8 Chicken Fried Chicken, Mashed Potatoes & Creamy Gravy, Fried Okra	9 11am-6:00pm
10 11am-6:00pm	11 Oven Baked Chicken Pecan Crust, Fennel Leeks, Julienne Carrots	12 Jumbo Shrimp Wrapped in Bacon Angel Hair Pasta White Wine Sauce Caesar Salad	13 Chicken Picatta, Lemon Caper Sauce Quinoa Pasta, Cesar Salad	14 Grilled Pork loin Chops, Lentils, Vegetable Ragu, Cesar Salad	15 Shrimp Enchiladas Rice, Beans	16 11am-6:00pm
17 11am-6:00pm	18 Molasses Baby Back Ribs, Baked Beans, Potato Salad, Cornbread	19 Almond Tilapia Spaghetti Squash Cesar Salad	20 Pomegranate Roasted Chicken Sage Polenta Julienne Vegetables	21 Coconut Shrimp Pineapple Rice Vegetables	22 Smothered Pork Chops, Apples, Cabbage, Onions Rosemary Potatoes, Cesar Salad	23 11am-6:00pm
24 11am-6:00pm	25 Memorial Day Café open 11am-6pm	26 Chicken Cacciatore Rice, Cesar Salad	27 Mahi Mahi Fish Tacos, Jicama Slaw, Rice	28 Chicken Stuffed Crabmeat, Saffron Risotto, Caesar Salad	29 Pistachio Crusted Pork Tenderloin, Wild Mushroom Sauce, Garlic Mashed Potatoes, Grilled Vegetables	30 11am-6:00pm

Friend us on Facebook (Jaime Arevalo) for special offers!

We cater all events large & small! Please email info@circleccatering.com for a personalized proposal!

Check out our website for menus: www.circleccatering.com

We appreciate your business, Chef Jaime

Beautify Your Home Inside or Out



Interior • Exterior • Residential • Commercial

Owned and Operated by your Neighbor



protectpainters.com
512-651-2394

\$200 Off
Any Job \$2000 or More

Coupon must be presented at time of estimate. Cannot be combined with any other discount.



23 SUMMER CAMP LOCATIONS

Travis, Bastrop & Hays Counties



SPRING INTO SUMMER

- June 8 – August 20
7:30am – 6:00pm weekdays
- Ages 4 thru 14
- Kinder, Theme, Sports & Adventure Camps
- Financial Assistance Available

 **REGISTRATION now open for Swim Lessons!**



SOUTHWEST FAMILY YMCA
6219 Oakclaire Dr & Hwy 290 • 512.891.9622

AustinYMCA.org

MAY 2015 CALENDAR

Submitted by Melinda McKenna

MAY 1 - 5:00 P.M.

First Friday Live Music - Grey Rock Golf Club

MAY 2

National Wildflower Week at the Store (Thru May 3rd) -

Lady Bird Johnson Wildflower Center

MAY 2 - 4:00 P.M.

Cinco de Mayo Family Fun Fiesta - Circle C Moms

MAY 4

National Wildflower Week (Thru May 11th) - Lady Bird

Johnson Wildflower Center

MAY 8 - 5:30 P.M.

Food Trailer Family Fun Night - Circle C Community

Center

MAY 9

Mother's Day Weekend at the Store (Thru May 10th) -

Lady Bird Johnson Wildflower Center

MAY 11

City of Austin Recycle Day - Every 2 Weeks

MAY 12 - 4:30 P.M.

Senior One Act Play Festival (Thru May 15th) - Bowie

High School

MAY 14 - 7:30 P.M.

Bunko Night - Circle C Moms

MAY 15 - 12:00 P.M.

Circle C Moms Board Nominations Due

MAY 16 - 7:00 A.M.

Bowie 2nd Annual 5K Fun Run

MAY 16

1st Anniversary of Luci & Ian Family Garden (Thru May

17th) - Lady Bird Johnson Wildflower Center

MAY 16 - 10:00 A.M.

Mini Maker Faire (Thru May 17th) - Palmer Event Center

MAY 18 - 4:30 P.M.

Band Spring Concert (Thru May 19th) - Bowie High

School

MAY 20 - 4:30 P.M.

Orchestra Spring Concert - Bowie High School

MAY 21 - 4:30 P.M.

Band Spring Concert - Bowie High School

MAY 22 - 4:30 P.M.

Choir Spring Concert - Bowie High School

MAY 23

Annual Memorial Day Sidewalk Sale at the Store (Thru

May 25th) - Lady Bird Johnson Wildflower Center

MAY 25

Memorial Day

MAY 25

City of Austin Recycle Day - Every 2 Weeks

MAY 30

Exhibit Wildflower and Wax - Lady Bird Johnson Wildflower Center

**SAVE TIME.
SAVE MONEY.
RENT PLASTIC BOXES.**



888.479.1888

www.BungoBox.com

BUNGOBOX
MOVE. UNPACK. NOW GIVE'EM BACK.

"The #1 Circle C Ranch virtual tour real estate website originally designed in 1997 and still serving our Circle C residents today.

CircleCRealtour.com

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



Call Kevin Scragg at (512) 529-8763 to see any house and for all leases!



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

When John Squires markets his properties in Circle C Ranch, he takes into account scores of different variables that many agents don't know exist or don't think of when marketing your home. Future growth, price-per-foot, schools and the myriad of "sub" subdivisions within Circle C and the differing values for each are critical when crafting an accurate analysis for your specific property. Many other factors are used comparing properties other than just price-per-foot. This is an accurate, proven system John has developed over the years by his experiences of selling 450+/- homes in Circle C alone. Another advantage to allowing John to list your house is YOU SET THE PRICE and John will get it... John has been selling his homes so high that appraisers are seeing records broken in the neighborhood, but the Squires Team has been doing that for 25 years in Circle C. Call

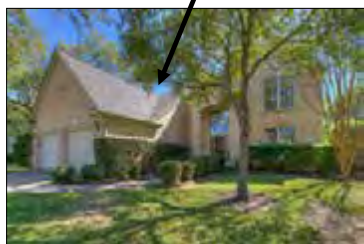
#1 Agent in Circle C Ranch history with 450+/- homes **"SOLD"** in Circle C Ranch alone and well over 900 total homes sold in the greater Austin area.

#1 Keller Williams agent listings and buyers sold in Circle C. #10 agent out of Austin's "Top 50" agents in 2014.

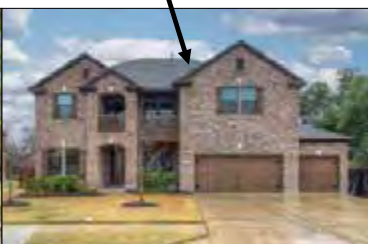
Made "Top 50" agents in central Texas 7 times!

FLEXIBLE COMMISSIONS!! and move-up/move-down plans for growing families or retirees. John works with all relocation companies. (Yes, it is your choice to use any agent you choose to sell your home with any relocation company) John is re-certified with all relocation firms and he is the #1 Circle C Ranch listing expert.

John Squires will professionally consult, stage, renovate, update and upgrade your home (if needed) to sell for the maximum price the market will bear at no additional fee ever! Call him for a no-obligation consultation.



5351 Austral Loop- **"JUST SOLD!"** JOHN'S LISTING JOHN SQUIRES SOLD THIS HOUSE IN 3 DAYS WHEN THE PREVIOUS AGENT/ BROKERAGE HAD IT LISTED FOR 68 DAYS WITHOUT A SINGLE OFFER. List price was kept the same at \$439,000.



7705 Haggans Lane- **"JUST SOLD!"** JOHN'S LISTING JOHN SQUIRES SOLD THIS HOUSE IN 12 DAYS WHEN THE PREVIOUS AGENT/ BROKERAGE HAD IT LISTED FOR 75 DAYS WITHOUT A SINGLE OFFER. List price was kept the same at \$549,000.

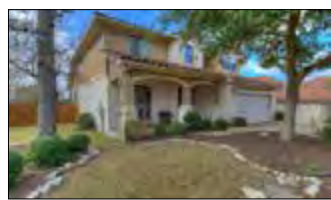
John for an accurate market analysis to be done on your valuable property and a no-obligation appointment at your convenience!



11308 Savin Hill **"UNDER CONTRACT!"** JOHN'S LISTING Great 1-story on huge lot. Open plan. Contracted in 3 days.



6356 Tasajillo Trail **"JUST LISTED!"** JOHN'S LISTING Custom Wilshire model plan backing to greenbelt with 20' ceilings, granite, stainless, huge deck, tile roof. Awesome at \$489,000.



10424 Tasajillo Trail **"JUST SOLD!"** \$429,000. JOHN'S LISTING. Gorgeous Wilshire with wood floors, granite, stainless, barrel tile roof backing to greenbelt in a cul-de-sac.



6428 Old Harbor **"JUST SOLD!"** JOHN'S LISTING. \$388,500. Beautiful white brick on a big lot with hardwood trees. 4 bed, 3 full bath with soaring ceilings.

SquiresTeam.com

Hey Circle C, John Squires is dedicating this entire newsletter to his clients and getting their newly listed homes a little more listing exposure to the Circle C Ranch area. Many buyers come from within Circle C Ranch, either looking for something smaller, something newer, something larger, pool, cul-de-sac, etc. If you have a neighbor that has mentioned needing a larger or smaller home, please tell them to call me and I'll arrange for a showing at their convenience of any listing. Below are 6 more of John Squires' new listings coming soon. Tell only your friends that you may want as neighbors! :)



Call John Squires directly at **(512) 970-1970** for an easy, no obligation appointment to list your house for sale or be professionally represented in the purchase of any real estate in Texas. Thanks! Squires Team



10901 Canfield **"UNDER CONTRACT!" JOHN'S LISTING** at \$734,900. Stunning sandstone and stucco mix backing to greenbelt. Wood floors, 8' gleaming wood doors, quartz, stainless, custom paint, HUGE game room on over 1/4 acre in Golf Course Estates. 4 large bedrooms, 3.5 baths. Too many upgrades.

10019 Silver Mountain is **"JUST LISTED!" JOHN'S LISTING** Gorgeous David Weekley custom home with gleaming wood floors, slate and incredible views of the 4 acre lot! 4 bedrooms, 4 full baths PLUS game room! Huge master down with spa bath. Too much to list. \$784,500.!



9517 Lynnhaven **"UNDER CONTRACT!" JOHN'S LISTING** at \$484,500. Gorgeous wood floors, granite kitchen, stainless, soaring ceilings. 5 bedrooms, 4 FULL baths plus game room. Foam insulation for low utilities. TREX deck waiting for a party with HUGE oak trees.

6101 Mordred **"JUST SOLD!" JOHN'S LISTING** at \$434,500. Incredible Newmark on greenbelt. Thermador, Viking, Bosch, Silestone quartz, Brazilian Cherry hardwood floors, Cantera front door, claw foot tub, Italian Travertine!



2090 Hawthorne Loop is **"JUST LISTED!" JOHN'S LISTING** Gorgeous, builder's personal home, highly upgraded with hardwood flooring, custom windows, lights, fans, level 7 granite, built-in stainless appliances and more, all on 1+ acres. Views galore with huge yard ready for a pool, backing to permanent greenbelt. 4 bedrooms and 3 full baths PLUS huge game room and incredible garage. \$589,000.!



5500 Ballenton Lane is **"UNDER CONTRACT!" JOHN'S LISTING** Gorgeous, rare Highland home on over 1/3rd acre lot with pool and hot tub. Hardwood floors, 3-car garage, game room, large trees absolute showplace! Listed at \$574,500.



BICYCLE AND VEHICLE GUIDELINES FOR BIKE LANES

State law requires that bicyclists abide by the same basic rules as all other road users. Following these guidelines will reduce your risk of collision and/or fines.

- Always ride with traffic, never against it.
- Obey traffic signs and signals, and observe others' right-of-way.
- Don't pass other vehicles within the same lane.
- Stay visible, predictable, and assertive
- Control speed on Austin's trails, and give 3 feet when passing.

City of Austin Ordinance for Driving in a Bicycle lane - § 12-1-21

(A) A person may not drive a motor-propelled vehicle in, on, or across a bicycle lane except:

(1) to enter or leave a driveway, building, or alley;

(2) to enter or leave a parking space; or

(3) for a bus, to enter or leave a bus stop.

(B) Subsection (A) does not apply to a bicycle, scooter, or other similar vehicle that is equipped with an electric motor that is capable of propelling the bicycle, scooter, or vehicle at a maximum speed of 20 miles per hour.

(C) A person may not drive on or cross a bicycle lane under this section without first yielding the right-of-way, if necessary, to avoid collision or interference with bicycle traffic.

Source: 1992 Code Section 16-1-13; Ord. 031204-13; Ord. 031211-11; Ord. 050310-13.

Attract, engage, and guide buyers with the Coldwell Banker Digital Platform!



The new Coldwell Banker Digital Platform has changed the real estate experience for sellers and buyers with easy access to collaboration tools on your desktop, tablet, or mobile device. Your listings will stand out with exclusive homeowner content—like stories, pictures, and videos—that you manage and post!

Contact me today to see how social sharing can enhance your home buying and selling experience!

Karen Ivey, Associate Broker

512.968.7971

kivey@cbunited.com | www.karenivey.com

Adopt a Pet
.com



Spirituality AND AGING

Submitted by Elizabeth Ball

In the last few decades there has been increasing interest in the positive relationship between aging and spirituality. Scientists have concluded that spirituality increases with age when we become more in tune with becoming "human beings" rather than "human doings."

For many, having a rich spiritual life is key to a vital old age, and studies indicate there is a strong connection with spirituality, and emotional and physical health.

Those who have strong religious practices are shown to live an average of seven years longer than non-practicing elders. They are also less likely to succumb to illness and depression.

A recent study that followed 21,000 adults for nine years showed that religious attendance is a strong predictor of survival, even taking into account other factors such as education and higher incomes.

Some believe that people who are in better health attend church more frequently but in reality, studies show that people with poor health attend more often. Frequent church attendees also make healthier life choices such as better diet, smoking cessation, exercising and having more social contact which adds to their physical and emotional health.

Fundamental to increased wellbeing is an individual's ability to cope with life's stresses. A major problem for seniors is loss and loneliness. Over 90% of seniors report that their religion plays a major role in their ability to deal with life events.

Along with providing spiritual support faith based communities provide important social networks for the elderly with social groups, education, transportation and information. Many seniors choose to become more involved, and studies show that over 50% of volunteer work in churches is performed by seniors. This enhances feelings of self-worth, belonging and usefulness that are so important to a healthy emotional life.

A rich spiritual life is important to us all, but is particularly important in later years. There are many churches and religious communities in the Austin area designed to meet senior's needs. Recommendations from friends and neighbours can be very helpful. Listings of churches are available at www.usachurch.com and remember that if transportation is a problem most can make transportation available.

I send my wishes that you may stay healthy, well and spiritually fit in 2015.

STEVE'S PLUMBING REPAIR

Master License: M-39722

- Water Pressure Problems
- Sewer & Drain Service
- Fiber Optic Drain Line Inspections
- Free Estimates
- Satisfaction Guaranteed

Steve Brougner
512.276.7476

2605 Buell Ave



CIRCLE C DENTAL

512.301.BITE (2483)

9600 Escarpment Blvd, Austin TX 78749

www.circlecdental.com

www.facebook.com/southaustindentist

Superior Service for You, Your Car (& Your Dog)

Customer Dog Park • Coffee Bar • Children's Playroom

Kwik Kar

LUBE & TUNE

Southwest

3416 W. William Cannon @ Brodie Next to Culver's

Family Owned & Operated

Mark & Jan Welp

AAA Repair Facility

ASE Certified Techs
Computer Diagnostics
Nationwide 24mo/24k Repair Warranty
Courtesy Repair Shuttle

Convenient Oil Changes

State Inspections
30/60/90K Maintenance
Fleet Vehicle Maintenance
MAP/ARI/GE/Ent/Lease Plan

www.kwikkarsw.com **512-891-7800**



MOSQUITOES



Mosquitoes can be very irritating and disrupt outdoor activities. They also are able to transmit various diseases to humans and animals. Mosquitoes are known to transmit heartworm in dogs and cats, and they can spread encephalitis (including West Nile Virus), Chikungunya, dengue, yellow fever, malaria and filariasis among humans.

Most female mosquitoes require a blood meal for egg production whereas males feed on nectar and do not bite. Eggs can be laid on the surface of water or in dry locations that are occasionally flooded by water. Some eggs are able to remain dormant under dry conditions for several months. Eggs hatch into larvae, or wigglers. Mosquito larvae live in water and feed on organic debris or microscopic plants and animals. Larvae molt into pupae which do not feed. Mosquito pupae spend the majority of their time at the surface of the water, only moving when disturbed.

Female mosquito.

Many things can help to reduce mosquito problems

(Continued on Page 21)



- * Repaints - Interior, exterior, and much more
- * Free on-site estimates
- * Established company for 17 years
- * BBB member
- * Painting, staining, and popcorn ceiling removal

Please contact Robby Chapman at 512-632-5990 with D&W Painting, Inc. or by email - robby@dwpainting.com

We look forward to helping you create your perfect home!

As a member of the Circle C Ranch HOA, you and your family are eligible for membership.

Low-Rate Mortgage Loans

- ★ Purchase or Refinance
- ★ Home Equity
- ★ Home Improvement

Apply Today — rbfcu.org
512-833-3300 | 1-800-580-3300



Certain restrictions may apply. Loans subject to credit approval.
Mortgage loans are available only on property in Texas. NMLS# 583215.
Federally insured by NCUA.



Webb Real Estate



SELL

Getting ready to move?

Your home is marketed on ALL real estate websites to ensure it is viewed by ALL buyers searching online. Our homes sell quickly and typically for above asking price. We know how important communication is, we're easily reached by our own cell phones.



LEASE

Looking to lease out your home?

You may not be ready to sell your home or have decided to keep it as a rental property. Feel confident we will find you the BEST tenant for your property.



INVEST

Ready to invest in other real estate?

As active investors ourselves, we know the value of having real estate in your portfolio. BUILD wealth as you GROW passive income. Whether you're looking for single or multi-family investment properties, we're the experts! We can help you with your 1031 exchanges.

With over 50 years of combined experience in marketing, selling, and negotiating, Webb Real Estate has sold over 400 properties! Don't work with another realtor until you've met with the Webb Team. Top 1.5% Realtor in Austin.



Bryan Webb
*Broker, Owner,
Certified Negotiations Expert*

Cell: (512) 415-7379
bryan@bryanwebbtx.com

Patty Webb
Realtor

Cell: (512) 415-6321
patty@webbcirclec.com

ATTENTION! SW Austin Business Owners, Marketing & Sales Professionals

WE ARE LOOKING FOR A FEW GOOD... PROFESSIONALS!

Quick Quiz:

Who do you know... that is reliable and trustworthy? A professional (residential, commercial, health and beauty, financial services, trades, or event planning) who places their customer's needs first?

Would you refer them to your friends and or family members without hesitation because they are the best you've ever seen?

If you answered "Yes", tell them BNI Referral Machine looking for more full-time, trustworthy, experienced professionals to join our growing network today!

BNI Referral Machine is a non-competitive professional referral organization that admits one high quality individual or company per professional category to share ideas, contacts and most importantly referrals.

Are you curious? Do you want to learn how to build your business by referral? Visit us this week! We meet each Tuesday morning, and there is no obligation to join.

Waterloo Ice House

Escarpment Village

Slaughter & Escarpment Blvd.

BNI Referral Machine

Tuesday - 8:00 AM to 9:30 AM

The \$10.00 meeting fee includes a healthy breakfast and beverages.

Bring at least 50 business cards to hand out to our members. For more information call 288-8088, or email Melinda@AUSTINREPS.com

NEXT SERVICE IS DUE

WHAT

Spring System Maintenance Tune-up
\$125.00 for 2 Annual System checks

add \$50.00 for each additional system

WHY

**Routine maintenance keeps your unit working
efficiently, saving you money!**

WHEN

CALL TO SCHEDULE TODAY!
512.440.0123

**SERVICE
REMINDER**



www.ClimateMechanical.com



(Continued from Page 18)

around the home. Eliminate all sources of standing water. Containers such as watering cans, buckets and bottles can turn into mosquito breeding grounds. Water should be drained from birdbaths, gutters, flowerpots and pet dishes at least once a week. Children's wading pools should be emptied of water at least once a week and stored so they cannot collect water when not in use. Tree holes should be filled in with sand or mortar, or drained after each rain. Leaky faucets and pipes located outside should be repaired.

Areas that cannot be drained, such as ponds or large rain collection systems, can be stocked with mosquito fish that eat mosquito larvae. Dunks can also be used in these areas. Dunks are a small, donut-shaped product that contains *Bacillus thuringiensis* var. *israeliensis*. The donut disrupts the life cycle of the mosquito and

is non-toxic to humans, amphibians and fish.

Avoiding peak hours when mosquitoes are active is probably the best method to avoid being bitten. When outside, wear loose-fitting, light colored clothing with long sleeves & long pants. Repellants containing active ingredients such as DEET, picaridin or oil of lemon eucalyptus can be effective to keep mosquitoes from biting when evening activities cannot be rescheduled. Other products such as citronella candles will also repel mosquitoes, but work best in enclosed areas.

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 race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

Call your **Circle C** real estate expert to learn how you can sell your home quickly and for top dollar in today's market!

Circle C Resale Market Springtime Stats as of April 8, 2015



17 ACTIVE LISTINGS: Avg. List Price: \$506,799 Avg. \$/SqFt.: \$155.92 Avg. DOM: 38

23 PENDING SALES: Avg. List Price: \$456,470 Avg. \$/SqFt.: \$152.86 Avg. DOM: 24

42 HOMES SOLD (90 days): Avg. Sold Price: \$431,032 Avg. \$/SqFt.: \$157.68 Avg. DOM: 29



Chad Goldwasser

Broker, Owner

c 512-750-8333

chad@pgraustin.com

www.puregoldrealty.com

1410 W. 6th Street, Austin TX 78703

**PURE
GOLD
REALTY**

News You Can Use

(It's All About the Soil.. Cont. from Page 5)

soils. Added to this is the fact that the builder hauls in top soil, and some of it is not the best quality for growing things. So, what can you do? For a start, if you have an established lawn, you can think about adding a good turf topper in the spring. These are available at soil and garden stores, and if you apply it while the grass is actively growing, it does wonders for the yard.

--if you are growing vegetables, you probably want to create raised beds either in a frame or through mounding of the soil, so you are using 12-15 inches of good balanced soil, again, available at soil and garden stores.

--many of our perennials and flowers are adapted to this area. However, they do benefit from having some high nutrient soil added in the holes before you place them, and then as a top covering for the last inch or two of the plant.

-Central Texas soils are usually high in pH levels (making them well-suited to native plants!) however your soil may need some added nutrients. The best way to find out is to

have your soil tested. The Travis County Extension Office has free soil-testing packets for area residents and you can also find them in the Grow Green information racks at various nurseries around town.

And finally, a bit of trivia:

Q: Now that you know what soil is, do you think you still know what "dirt" is??

A: Dirt is actually soil that has lost the characteristics that give it the ability to support life - it is "dead." Dirt is what we get on our clothes or under our fingernails; it's what we track inside our homes. This gives a whole new meaning to the phrase "digging in the dirt" doesn't it?!

Here's to springtime- happy gardening!

For more information:

<http://www.austintexas.gov/departments/grow-green-resources>

<http://www.envirothon.org>

<https://www.soils.org>

*Dedicated to the Extraordinary.
The exceptional. The unique.*



Pattie Webster

MILLION DOLLAR SERVICE AT EVERY PRICE POINT!!!

CRS, ABR, SFR • PLATINUM TOP 50 REALTORS FINALIST
TEXAS MONTHLY FIVE STAR AGENT

"Above and Beyond are the first words to come to mind. Her humor and honesty make her a pleasure to work with."

512.924.9923

Pattie.Webster@SothebysRealty.com • PattieWebster.KuperRealty.com

Kuper

Sotheby's
INTERNATIONAL REALTY

BREAST CANCER

Importance of Early Detection

By: Concentra Urgent Care

Breast cancer is the most common cancer among women in the United States, and is the second leading cause of cancer deaths. Screening is vital because early stages of the disease are easier to treat. The American Cancer Society recommends women:

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

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

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

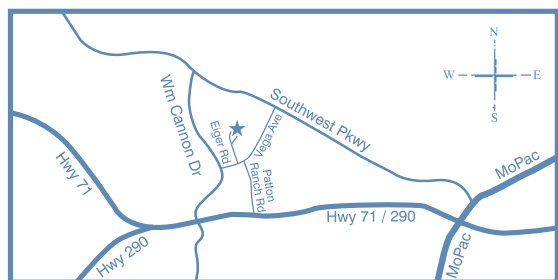
Men are also at risk for rare cases of breast cancer. All persons familiar with the normal look and feel of their breasts should promptly report any unexpected changes to their physicians. The American Cancer Society recommends both women and men consult their doctor if they notice any of the following:

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

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



Comprehensive
Convenient
Consistent



- ✓ PRIMARY CARE
- ✓ SPECIALISTS
- ✓ LAB
- ✓ IMAGING
- ✓ PHARMACY

Southwest Medical Village offers patients the highest quality care in an innovative, integrated medical community.

swmedicalvillage.com

One Community Caring For Your Health.

5625 EIGER RD. AUSTIN, TX 78735

TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



Caption 1



Caption 2



Caption 3

(Continued on Page 25)

YOUR LOCAL HOME AND AUTO INSURANCE SPECIALIST



DIVERSIFIED
INSURANCE
HOME - AUTO - COMMERCIAL - LIFE - HEALTH

We are a local, independent insurance brokerage firm committed to customer service. We work with the best local and international insurance carriers to find you the best possible plan and rate. Get in touch to see how our approach to insurance can make a difference for you!



Home Insurance



Auto Insurance



Commercial Insurance



Life Insurance



Health Insurance



LET ME START SHOPPING FOR YOU TODAY! GET IN TOUCH FOR A FREE QUOTE:

512-292-3650 • matt@dimitexas.com • www.dimitexas.com

Diversified Insurance/Matt Van Bergen • 3100 W. Slaughter Ln #A104 • Austin, TX 78748

(Tennis Tips.. Cont. from Page 24)

“Tennis for Children 9-10 years old and under – Orange Ball”

This series of Tennis Tips are focused on how to involve children of all ages to learn to play tennis and offer tips to the parents on how to help at home. In the last issue I offered advice for children 8 years old and under. This issue, will address children 9 and 10 years old and under playing with the orange low bouncing ball.

Caption 1: Tennis Racket and balls: The children should be using rackets ranging in length from 23” to 25” long and the orange ball. These short, lighter rackets and lower-bouncing balls will make it easier for the child to control the swing and the point of contact. The racket to use will depend on the height of the child and the age. Balls will bounce from 41” to 47”, which is within the comfort zone for most children of that age.

Caption 2: Tennis Court: Most tennis facilities have added lines to measure 60’ x 21’ for singles and 60’x 27’ for doubles within the confines of a regular tennis court. If lines have been added, they will be painted with a darker color than the tennis court. If lines are not painted, Clubs will use rope and/or starter tennis court lines on the courts.

Caption 3: Join a Group: Tennis, like other sports, is learned better in a group. Children like to imitate other children and learn from their successful hits and also avoid their missed shots. I believe in allowing them to “shadow” the person executing the shot, so they become used to the swing and timing of the point of contact.

Children at this age are already “rallying back and forth” and are given tips on how to hit volleys (ball hit on the fly), and also serve underhand or overhead. The USTA provides tournaments and leagues for children 10 and under using the orange ball and 60’ courts. They normally play 4 game sets and are encouraged to play round robins and/or consolation rounds.

Tips to parents:

- Have child tap the orange ball up and down on the ground in a safe area, like a garage.
- Do the same with ball being hit on the fly without bouncing.
- Encourage them to hit in a safe area with them dropping the ball and hitting it against a wall or a garage door. Always be there to supervise.

Look in the next Newsletter for: “Tips for children 9-10 years old – Green Ball”. For more information about our programs and club information, you can visit us at www.greystacktennis.com or call us at 512-301-8685.



NOBODY IS DROWNPROOF

WATCH & KEEP KIDS IN ARM'S REACH



THESE TIPS CAN SAVE LIVES



CONSTANT VISUAL SUPERVISION



LEARN TO SWIM



WEAR LIFE JACKETS



MULTIPLE BARRIERS AROUND WATER



KEEP YOUR HOME SAFER



CHECK WATER SOURCES FIRST



PRACTICE DRAIN SAFETY



BE SAFER IN OPEN WATER



LEARN CPR

LEARN MORE: www.colinshope.org/RESOURCES

TAKE the Water Guardian Pledge

I Constantly watch children around water.
NOT become distracted.

WILL Learn CPR and the signs of drowning.
Be ON DUTY until relieved by another adult.

DROWNING IS PREVENTABLE

NOT AVAILABLE ONLINE

PERSONAL CLASSIFIED

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Circle C residents, limit 30 words, please e-mail sarah@circlecranch.info.

BUSINESS CLASSIFIED

SEWING IMPAIRED? EXPERIENCED SEAMSTRESS & FORMER FABRIC STORE OWNER Located in Circle C offering alterations, hemming, mending, and uniform patches, as well as wardrobe consultations. Providing fitting and consultations on formal wear for all occasions including proms and weddings. Do quilt repair and have associates for home dec projects. Call LIZ: 301-6966

MARIANNE'S CLEANING SERVICE: Serving S.W. Austin for over 20 years. Bi-weekly, monthly, one time, move in/move out cleans welcome. Honest, dependable with excellent references. Isn't it nice to come home to a clean house? Call 512-653-5955 or email at maryspicandspan@yahoo.com. Free estimates.

LAWN & LANDSCAPE - Circle C Specialists for over 10 years. Complete Service or Single Service Options. Landscape *Mowing *Shrub work *Tree Trim *Xeriscaping *More. Low Price Guarantee! Contact us NOW for a FREE ESTIMATE: 512-560-2054 - AustinLawnWorks@gmail.com

Classified Ads

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.



From design to
print to mail,
Quality Printing
can help you with
all of your
printing needs!



Quality
PRINTING COMPANY

Call today for more info

512.263.9181

Or visit our website at:

www.QualityPrintingofAustin.com



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

CC

**Get sold prices for homes in your neighborhood delivered to your inbox.
Sign up at www.MarketSnapshot.Today**

Circle C Ranch by Neighborhood	6 Months Sold History (10/2014 - 03/2015)						Current Market	
	TOTAL	AVERAGE					TOTAL	
	Homes Sold	Square Feet	Price / Sq. Foot	Sold Price \$K	Year Built	Days On Market	Available	Pending Sale
Circle C Central	24	2,760	\$ 146	\$ 402	1993	34	2	7
North	15	2,193	\$ 165	\$ 362	1998	38	1	1
On The Park	3	3,244	\$ 128	\$ 414	1997	56	0	2
Wildflower	8	2,380	\$ 156	\$ 371	2002	24	1	1
Park West	6	2,538	\$ 169	\$ 430	2002	38	3	4
Vintage Place	4	3,203	\$ 141	\$ 453	2002	17	2	3
Hielscher	10	3,109	\$ 147	\$ 456	2002	44	2	2
West	16	3,359	\$ 147	\$ 494	2004	49	4	3
Park Place	4	2,543	\$ 156	\$ 398	2004	64	0	2
Muirfield	6	3,054	\$ 177	\$ 541	2005	8	1	0
Enclave 1&2	4	2,625	\$ 161	\$ 422	2007	36	0	1
Lacrosse	1	3,165	\$ 145	\$ 460	2008	4	2	0
Alta Mira	5	3,115	\$ 137	\$ 426	2008	30	1	4
Fairway Estates	4	3,944	\$ 170	\$ 672	2010	43	4	0
Enclave Estates	2	4,248	\$ 127	\$ 537	2011	111	1	0
Avana & Cornerstone	18	2,875	\$ 170	\$ 488	2014	152	23	15
Barstow Ct & Village	1	1,946	\$ 193	\$ 375	2013	4	0	0
Greyrock Ridge	2	2,806	\$ 144	\$ 405	2015	17	8	8
Circle C Ranch	133	2,873	\$ 155	\$ 446	2003	53	55	53
% Change Mo / Mo	-1%	-1%	1%	0%	0%	2%	-8%	20%
% Change Yr / Yr	4%	5%	9%	14%	0%	78%	129%	47%

Market Report data was obtained from the Austin-Multiple Listing Service (MLS) on 04/06/2015. 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.



BBB® serving Central, Coastal, Southwest Texas and the Permian Basin



2015 BBB Torch Award

Trust • Performance • Integrity

Winner

Escarpment Village-Circle C Ranch

AustinRealEstatePartners.com - (512) 288-8088