

JULY 2015

Community Newsletter

OFFICIAL NEWSLETTER OF THE CIRCLE C RANCH HOA



JUST LISTED IN SOUTHWEST AUSTIN

realty/austin





2 Circle C Ranch Newsletter - July 2015

HOA Announcements

- 4 HOA Announcements
- 5 And the Rain Rain Rain....Came Down Down

Aquatics News

- 6 Pool Policy Notice
- 6 Dive-In Movie Night is Back!
- 6 Spring Pool Hours
- 6 Find Us Online
- 7 Aquatic Programs
- 7 Pre-Teen and Teen Aquatic Programs

Around Circle C

- 8 Cover Photo
- 9 4th of July Parade
- 10 In the Yard
- 11 Get CPR and First Aid Training
- 13 Cicadas

News You Can Use

- 16 Mental Health Break
- 16 Choosing a Caregiver for an Elderly Person
- 17 Health and Aging Tips
- 18 Hosting an Exchange Student
- 21 The Dedicated Runner

Sports News

- 22 Tennis Tips
- 24 Pop Warner Registration

In Every Issue

- 26 Teenage Job Seekers
- 26 Classifieds



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	
Circle C CDC	
Circle C Swim Center	
Circle C Community Center Pool	
Grey Rock Tennis Club	

CIRCLE C GATED COMMUNITIES

Enclave off Spruce Canyon (KB)				
Spectrum Management				
Ĕnclave off La Crosse (Streetman)				
Plateau Property Management Rosalyn Peterson, 512-441-1041				
Fairways Estates				
Spectrum Management				
Park West				
Real ManageDiane 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	
Michael Chu	
Bob McKenna	Board Member
Steve Urban	
Contact the Board at	directors@circlecranch.info

IMPORTANT NUMBERS

City of Austin Solid Waste	
Dead Animal Collection	
Abandoned Vehicle	
Pothole Complaints	
Stop Signs	
Street Light Outage	
Schools	
Clayton Elementary	
Kiker Elementary	
Gorzycki Middle School	
Bowie High School	
Mills Elementary	
,	-

UTILITY PROVIDERS

Electric Pedernales Elec.	512-219-2602
City of Austin.	512-494-9400
Gas Texas State Gas	
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	

HOA ANNOUNCEMENTS

IMPORTANT UPCOMING DATES

- 4th Of July Neighborhood Parade Saturday July 4th @ Swim Center Plaza
- Food Trailer Night Friday July 10th @ Community Center
- Dive In Movie Night Saturday July 18th @ Swim Center
- Board Of Directors Meeting Tuesday July 28th @ Community Center

HOA DUESTO BE MAILED IN JULY

The second half of your annual dues assessment will be mailed the first week of July; they will be due August 1st! You can now pay your dues online at the association's official website, www. circlecranch.info, make your payment through Bill Pay through your financial institution or mail your payment to PO BOX 163541, Austin TX, 78716. Payments will NOT be accepted at the Circle C HOA Office. Please do NOT postdate your check. Please do NOT staple your invoice to your check but do include it in the envelope. Please call our Financial Office at 512-451-9901 if you have any questions or do not receive a statement by mid-July. Thank you for your cooperation!

CITY OF AUSTIN MANDATORY STAGE 2 WATERING

Hose End Sprinklers:

- Before 10am OR after 7pm
- Even addresses on Sunday
- Odd addresses on Saturday
- Automatic Irrigation System:
- Before 5am OR after 7pm
- Even addresses on Thursday
- Odd addresses on Wednesday

Watering with a hand-held hose or a refillable vessel such as a bucket is allowed at any time. Violations may be reported by calling 311.

WHERE TO PARK

Parking at Home: The HOA receives quite a few calls and emails from residents who are frustrated with street parking throughout the community. Street parking is governed by the City of Austin; the Association has no authority over vehicles parked in the City streets. The BEST place for residents to park is in their garage, not only does this look better, but is safer in terms of deterring vehicle burglaries and vandalism. If you are unable to park in your garage, perhaps it's time to consider clearing out this space and looking for better storage solutions. If you absolutely cannot park in your garage, then the next best place is your driveway. This ensures that the streets are kept clear, which not only looks better, but is also safer in terms of emergency vehicles having the best access. If you have guests over and they must park in the street, ask them to park directly in front of your home. If you are in a cul-de-sac, this is especially true, as it is illegal for cars to park nose in; cars must park parallel to the curb. If you believe a parking situation has become a traffic hazard please contact the city by calling 311.

Parking at the Pool: Both pools have a very limited amount of parking spots as many of you may know. We greatly encourage our already very active neighborhood to take advantage of the sunny days and walk or bike to the pool to avoid the everlasting wait for a parking spot. The spaces in front of the Child Development Center building are designated for the CDC during hours of operation. Outside of the CDC's operating hours residents are welcome to park in front of the building.

Parking at the Mail Center: There are spaces in front of the Mailboxes at the Swim Center designated for Mail Pick Up only. Please refrain from parking in the Mail Center for any use other than mail pick-up. This center is the largest of the mail centers and services over 900 residents so please keep your neighbors in mind.

DEED RESTRICTIONS & VIOLATION NOTICES

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, and trailers parked in the driveway. Currently, we are particularly looking for clutter and debris in driveway, yards, and along the sides of homes. 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 or call 512-288-8663.

TREE STAKES

All tree stakes and supporting wires and cables should be removed 10-12 months after trees are planted. Left in place any longer, these can damage the tree trunk and limbs, weaken the establishment of the root system, and are unattractive in the appearance of your home.

And the Rain Rain Rain Came Down Down!

Submitted by Susan Hoover

After so many years of tough drought, we are happy to write a little article about our weather and its impact on our 2015 landscape efforts! As we all know, extensive rains blanketed Central Texas throughout May, and sadly, many of our residents were flooded out, and lives were lost. The ground became thoroughly saturated, and the run-off and rain fall finally provided some benefits to our water supply of Lakes Travis and Buchanan.

Some facts:

1) We are in a verified El Nino. The NOAA weather reporters who track El Nino conditions predict a 90% chance of a continuing El Nino through the summer months and an 80% chance of a continuing El Nino through the end of 2015. A persistent area of warm water off the Pacific is the main predictor of an El Nino and this has been ongoing for the last six months. Some models are predicting a Super El Nino. In Central Texas, during an El Nino, we traditionally receive above average amounts of rainfall.

2) Our area relies on water supply from the LCRA, specifically Lake Buchanan and Lake Travis. After the May rains, Lake Travis made great gains going from a level of 623 in January to 670 in early June. Lake Travis is full at 680 feet. Lake Buchanan made some progress but not as much. 3) After five years of drought, with the acre feet (1 foot across the surface of the lake or about 325,851 gallons of water) dipping in our water supply to around 630,000 acre feet in January 2015, the combined storage as of June 1st was close to 1.4 million acre feet, with the lake storage percentage going from 32% full to 67% full based on the May rains.

4) May was recorded as the wettest month ever since records have been kept in Travis County beginning in 1895.

5) All of this is certainly good news! However, Stage Two water conservation restrictions remain in place for the City of Austin and surrounding areas. Due to the lakes filling up, we have moved one category on the LCRA Water Supply Status Chart, coming from Severe (600,000 acre feet to 900,000 acre feet) up to Cautious (900,000 acre feet to 1.4 million acre feet). In order to get to the Good category the lakes need to have between 1.7 million and 2 million acre feet of water.

So, everyone should keep up the good work on water conservation, remembering to follow the City of Austin water conservation regulations of watering outside only on your designated water day.

(Continued on Page 12)



Copyright © 2015 Peel, Inc.

Aquatics News

POOL POLICY NOTICE

Due to the increase in recent saves, the CCHOA Board of Directors has implemented a stricter policy concerning parents being within arm's reach of a weak or non-swimming child. If your child is identified as a weak or non-swimmer by the staff and there is not a parent and/or guardian within arm's reach, your child will be removed from the pool and/or wade pool area until the parent and/or guardian is located.

The aquatics staff has been authorized to issue a 30 day suspension letter, effective immediately, to the families that do not follow this rule. We are asking all parents if you see a weak or non-swimmer not within arm's reach of their parent and/or guardian to gently remind their parents of the policy or bring it to a staff member's attention so that we can address this issue as quickly as possible. For more information on this rule and other rules, visit the Circle C HOA website at www. circlecranch.info and click on Aquatics.

The CCHOA staff, the Board, and Aquatics staff want all Circle C residents to have a fun and safe summer at the pool!

Dive In Movie Night Is Back!

We have some great flicks playing at the Swim Center this summer so mark your calendars and join us! Standard guest fees and policies apply. The pool will be cleared at 8:00pm and the featured movie will begin around dusk. See you



Summer Pool Hours

Swim Center (5919 La Crosse Avenue) June 8th - August 23rd

Closed Mondays*

Tuesday - Friday 6am-10am (Lap Swim Only) 10am-8pm

Saturdays

7am-10am Lap Swim Only 10am-8pm

> Sundays 10am-8pm

Community Center Pool (7817 La Crosse Avenue)

*Closed on Tuesdays

Wednesday-Monday 11am-7pm

Avaña Pool (6610 Trissino Drive) *Closed on Thursdays Friday-Wednesday 11:00am-7:00pm



Learn more about Circle C Aquatics and their available programs at our website www.circlecranch.info or follow Circle C Aquatics on Facebook!

AQUATIC PROGRAMS

It's time for Group Lessons again! We offer 2 week swim lesson sessions through August for children of various ages. All participants must complete an evaluation prior to registering, even if they participated in group lessons last year. Evaluations are held on Sundays from 4-5pm by appointment. To schedule an evaluation appointment, please email lessons@ccswim.net.

Our Private Lesson instructors have their availability up and are ready to get in the water! We have Basic, Premium and Elite instructors ready to help your kids learn to swim, get ready for Swim Team or just brush up on some safe swimming for the summer. Instructor's calendars fill up quickly, so book your lessons now! Visit circlec.fullslate.com to check out the instructors schedules. When you are ready, please visit the Swim Center at 5919 La Crosse Avenue to purchase your lessons and we will send you the secret code needed to book online. For questions, please email lessons@ccswim.net

Swim Team is now in Long Course training! Come dive in with the Circle C Serpents this summer, make some new friends and drop time in your events! Come by for a tryout with Coach Jennie Lou Monday-Friday from 3:30-4:15, email customerservice@ccswim. net or call the front desk to set up a tryout. Have questions about pricing and billing? Email admin@ccswim.net

PRE-TEEN AND TEEN AQUATIC PROGRAMS

Do you know a child between the ages of 10-14 who loves to spend their summer at the pool? Circle C 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 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 Amanda at coordinator@ccswim.net

Volunteer Swim Instructor: For kids 10-14 years of age. Volunteers assist group lesson instructors during swim lessons. Classes vary in ability to beginning non swimmers to swim team prep classes and ages varying from 3 years – 14 years. This is a great way for kids to start building a resume, get work experience and get volunteer hours for school. Inquiries can be emailed to Sophia at lessons@ccswim.net



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 deadine 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 Sarah Jordan of Miles of Smiles Photography.

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



(9

•

du

4th

WHEN & WHERE:

SATURDAY JULY 4TH, 2015 AT THE CIRCLE C SWIM CENTER PLAZA (CORNER OF LA CROSSE & ESCARPMENT)

Join us for face painting, balloon twisting, sno cones and other festivities! Children will gather to decorate their wheels for the parade @ 8:30am. See you there!

Around Circle C



An enviable choice for Park West residents Joanne and Harry Bruner - relaxing in their spa-like courtyard or walking a few steps to enjoy the scenic view from their attractive and comfortable deck!



11

Submitted by Jackie Rollins





GET CPR AND FIRST AID TRAINING



Who: Adults & Children 12 or older

When: Aug 8th from 4:30pm - 7:00pm

- Where: Circle C Community Center 7817 La Crosse Ave Austin, TX 78739
 - **How:** Sign up at www.hope4minds.org (limited space)
- **Cost:** Suggested donation of \$5 per person
- **Certification:** \$20 for CPR (starts at 4:30pm) \$10 for First Aid (arrive at 5:30pm) \$25 for CPR and First Aid Certification is through the American Safety Health Institute (paid day of)

Each year 1 in 500 school-age children receive a brain injury serious enough to be hospitalized.

Every day, about 10 people die from an accidental drowning.

PRESENTED BY:



SWA

For more information, contact ronda@hope4minds.org

HOPE4MINDS is a public charity organized to foster hope and enrich the lives of children with an acquired brain injury through support and education.

News You Can Use

(Rain, Rain, Rain.. Cont. from Page 5)

No car washing, driveway washing etc.!

For Circle C, we were able to keep the irrigation water off from November, 2014 until mid June, 2015!!! We will see what the summer brings in terms of possibly more rain for our area!

For your information, we have rain sensors on all irrigation controllers. They measure rainfall and when approximately ½ inch of rain occurs, they cause the controller to shut down until it is drier. The system is not fault free, however, and some sensors are more sensitive than others. Also, we have several areas where there is no electricity and the irrigation operates from individual battery controllers. These do not have rain sensors.

Also, on the property, there are re-irrigation sprinklers that empty out the filtration ponds and re-water the adjacent areas. These work during and after rainfall events, and many can be seen from the common area boulevards. So, if you see sprinklers on during a rain, it would most likely be from not enough rainfall to turn off the controller, specific valves that run from a battery operated controller (limited) or re-irrigation sprinklers that are not attached to the regular irrigation system.





FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

Your Business Here

Call 512 263 9181

www.peelinc.com

NEVER TOO LATE TO FEEL GREAT

The **Southwest Family YMCA** is here to help active older adults live better and enjoy life more. Whether you're looking to remain fit and active, recover from an injury, relieve arthritis pain or just want to connect and have fun with your peers,

Y programs are a perfect place to start.

the



SOUTHWEST FAMILY YMCA 6219 Oakclaire Dr & Hwy 290 | 512.891.9622 | AustinYMCA.org

AGRILIFE EXTENSION

CICADAS



Cicadas are fairly large insects but can vary in size with some growing over 1 ¹/₂ inches. Color may also vary depending upon species, but many are brown or green. All cicadas have bulging eyes and, on adults, wings that are held roof-like over the body. The wings are semi-transparent with thick wing veins. The majority of their life cycle is spent underground.

Cicadas have 2-5 year life cycles and appear in Texas in mid to late summer. Females insert egg clusters into branches of trees using their saw-like ovipositor (egg laying structure). Eggs hatch after about 6 weeks and small nymphs drop to the ground where they burrow into the soil. Nymphs feed on sap of tree roots with their piercing-sucking mouthparts. After becoming fully developed, nymphs emerge from the ground at night and climb onto nearby objects such as tree trunk, plants, fences, etc. Adult cicadas emerge from the last nymphal stage leaving behind the exuviae (cast skin). Adults can live 5-6 weeks.

Male cicadas are well known for their "song". They rest on a tree and produce a whining sound to attract females. The sound is produced by two vibrating membranes on the side of the abdomen. Females do not "sing". Adults feed on juices from tender twigs, but usually do not cause lasting harm to the plant from feeding.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at 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 race, color, religion, sex, national origin, age, disability, genetic information or veteran status.



5625 EIGER RD. AUSTIN, TX 78735

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

CircleCRealtour.com^{Yep.same guy.}

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

EAM

REAL ESTATE



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

CircleCRealtour.com

THE

dent



Happy 4th of



Call John for an accurate market analysis to be done on your valuable property and a noobligation appointment at your convenience.







9517 Colebrook JOHN'S LISTING JUST LISTED!! Absolutely stunning Capitol Pacific home in vaunted Vintage Place on a manicured, private lot with tons of flora and fauna. Gleaming wood floors, granite game room down, HUGE bedrooms upstairs. Too many upgrades to list. \$489,000. Go see it before it's gone!



5324 Austral Loop JUST LISTED JOHN'S LISTING-Gorgeous Newmark backing to permanent greenbelt. Back yard is a park! \$540,000.

6605 Walebridge Lane JUST **LISTED JOHN'S LISTING** Stunning Streetman home with 3-car garage on private lot. waiting for a pool. Private media room! \$459,000.





10907 Grassmere Court JUST LISTED JOHN'S LISTING Beautiful remodel with all new paint! Choose your own flooring. HUGE back yard is perfect for kids and pets. Very private cul-de-sac. \$399,000.



6708 Maelin Cv. CON-**TRACT PENDING JOHN'S** LISTING \$475,000.



Visit Marcia at her open houses every weekend or call to see any home at (512) 970-0830.

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

#1 Agent in Circle C Ranch history with 450+/- homes <u>"SOLD"</u> 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 relocertified 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.



SquiresTeam.com

Hey Circle C, the market is in full swing now and it is definitely time to get your home on the market if you plan to sell before school starts. June is a transitional month and it usually slows down a little. After July 4th, the market bounces back and we are generally slammed through Christmas. It's been a very strong year so far, as we have *almost* surpassed last years (2014) total production in the first 6 months. We have seen <u>some</u> properties going up by 1% per month. The savvy buyers know that if for some reason the homes do not appraise for the prices they are paying for them, in all likely-hood the market will catch up to the house's price in the next month or two. I have been selling my listings so high that almost none of them have been appraising. One thing for sure is, I am selling them for the absolute tip-top of their value and have been setting records in Circle C ranch again with price-per-foot, days on market, etc. Below is a great story of a family that came to me 1 year ago with very, very specific criteria on what they had to have in order to "make them move" to their dream home.

"We employed John Squires 1 year ago to find a home for us with very specific criteria. We preferred a one-story with an in-ground pool backing to permanent greenbelt "On the Park". After previewing several homes in the area, John told us to hold off and wait for the right one to come along. With John's guidance (and neighbor's tips) we were able to purchase our dream home on the park before it came to market. John negotiated an extremely good contract for us and we could not possibly be more thrilled with him. Thanks John!" Travis and Jonette James 9517 Colebrook, Circle C Ranch







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! John Squires

Southwest Austin specialist, Circle C Expert.

#1 Selling Realtor in Circle C Ranch history with over **450**+/- homes sold in the neighborhood. **#1** listing agent in Circle C Ranch with a **99.8%** listings-sold rate. (He sells everything he lists)

Well over 900+ homes sold in Austin, city-wide.

Austin Business Journal "Top 50" agent 7 times city-wide. #10 in Austin in 2014.

John has a vast knowledge of all the builders, their floor-plans and their differing values in the different areas of Circle C Ranch.

Easy appointments are made with John as he works 7 days per week by appointment with sellers and buyers. You just call <u>1</u>_number for all of your real estate needs to be met and that is John's personal number. You will not *ever* be handed off to an assistant while working with him.

10705 Canfield Drive "JUST LISTED!" John's Listing Gorgeous 4132 (appraiser) sq. ft. home in gated Golf Course Estates. 5 HUGE beds, 3 baths, PLUS a BIG office and game room! Over 1/4 acre lot is waiting for a pool! Ready for move-in by school. \$649,088. Hurry!



Copyright © 2015 Peel, Inc.

News You Can Use

Mental Health BRQQK

Submitted by Steve Bryan

Who doesn't love a vacation? For many, vacations are a staple of summertime. But have you ever wondered why vacations make us feel so good? Sure, it's the adventure, seeing the sights, having new experiences. It is also about stepping away from our daily routines and taking a break from the mundane grind of daily life. So it may not be surprising to learn that vacations are wonderful for our mental health and sense of well-being.

In terms of brain science, the benefits of vacations are rooted in the idea of novel experience. Our brains love novelty. Our brains thrive with new experiences and flourish when presented with new sights, sounds, smells, ideas, and adventure. In addition, sharing these novel experiences with another person, like your spouse, family, or friend expands the dynamic of novelty while deepening your mutual bond and connection with another.

As we age, we can develop a sense of "been there done that" and lose our childlike wonder of the world. We can easily fall into a rut because our brains are also designed to simplify and generalize our experience. When we learn something new, our brain tries to integrate it into the mind and move on. As a result, over time, the experiences that once brought us joy and excitement, may no longer do so.

So a vacation is an easy way to re-ignite our sense of awe and wonder. But a far-away adventure is not the only way to experience novelty. Anything that creates a shift in your routine can have a similar effect. Simply taking a walk, connecting with a friend, trying a new restaurant, or even a new dance/yoga class can stimulate your brain toward a more healthy sense of well being. There are infinitely more ways to incorporate novelty into our lives, but before the summer ends, why not take a vacation?

Steven Penn Bryan is a Licensed Professional Counselor Intern at Center for Relational Care, 2312 Western Trails Blvd., Austin, TX 78745. He is supervised by David Burleson, LPC. (512) 492-6200. www.relationalcare.org

CHOOSING A CAREGIVER FOR AN ELDERLY PERSON

The task of choosing a caregiver for an elderly person can seem intimidating, and often falls to a close friend or relative. Questions arise from how to vet the right person for the job, to choosing the best professional agency.

The first thing to consider is the type of services needed: whether the elderly person needs a companion type service, assistance with activities of daily living, or more skilled nursing needs. If the needs are for a companion, there might be a neighborhood friend available to fill the position. It's important to meet with the applicant to make sure there is a clear understanding of the job description, rate of pay and that there is an employment contract in place. This avoids any misunderstandings in the future.

If more assistance is needed with activities of daily living, such as bathing, dressing, eating and so on, it may be advisable to choose an agency that can provide trained personal. Make sure these employees are insured and bonded through the agency. These caregivers also engage in light housework activities, and it's also important to know if they will provide transportation for the client to doctor and other medical appointments if needed. Some agencies will provide transportation with a waiver, but if the caregiver is to use a family vehicle make sure that correct vehicle insurance is in place.

A trusted person representing the client should be present at the interview with the agency, and with the proposed caregiver to make sure that the person is a good fit. Make sure that the agency has performed a background check and that the caregiver has provided good references.

Cost is usually a key factor when choosing caregiver services, but the lowest priced services may not always be the best fit. It's always a good idea to shop around and compare agencies in your area.

Lastly it's very important that an outside person keep a watchful eye on the situation with a caregiver and elderly person, for possible abuse and neglect. The agency should be notified immediately of any problems. Unfortunately our seniors are vulnerable in our society and need help to stay safe.

Submitted by: Elizabeth Ball, Daily Money Manager, Certified Senior Advisor: resident of Circle C.



Health and Aging Tips

Submitted by: Circle C Humanists

The May 2015 article "Spirituality and Aging" focused on the relationship between aging and faith. Given that our diverse Circle C community is proudly composed of people of many faiths as well as secular residents, a number of our residents wanted to offer a non-Christian, fact-based perspective on tips for health and aging. DO:

- Stay physically active. Being able to complete Activities of Daily Living (ADLs) can reduce your dependence on others.
- Eat a balanced diet. Focus on fiber-rich, low-fat, and low-cholesterol foods.
- Stay hydrated. As we get older, our thirst response mechanism diminishes and we may be dehydrated without feeling thirsty.
- Take steps to lower stress. Stress results in our bodies releasing hormones that have a multitude of negative health impacts.
- Get a good night's sleep. Although changes to sleep patterns are a normal part of aging, it is a common misconception that sleep needs decline with age.
- Moderate alcohol intake. As you age, you can become more sensitive to the effect of alcohol, and alcohol exacerbates many health conditions.



- * 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!



- Avoid tobacco and second-hand smoke. The numerous negative impacts of tobacco are well-documented. Just quit!
- See your doctor, dentist, optometrist, and other necessary specialists regularly. These visits are especially important for early detection as we age.
- Take all medications as directed by your doctor. Have someone assist you with remembering, or sort your medications in a pill organizer if need be.

DON'T:

- Think that aging means you can't do new things. Try a new class or hobby, or go travel!
- Assume that memory loss is inevitable. Try fun brain training games to keep your mind sharp! (Check your smart phone or other device for free apps.)
- Think that aging means you're destined for poor health. You likely have more time now than ever before to focus on YOU!
- Neglect emotional health. Your mind has powerful effects on your body!

We send our wishes that you may stay well and focused while improving your health.



Hosting an Exchange Student

Did you ever wonder what hosting a foreign exchange student is about? Well here it is in a nutshell....

Hosting an exchange student is a great way to learn about another country and culture without leaving your home town. It provides a cultural exchange experience for the entire family while providing a student from another country with a slice of American life.

Hosting an exchange student is like adding an international branch to your family tree. Many host families develop lifelong friendships with their exchange students and keep in regular touch with them. Some even visit them in their home countries, or invite them back for weddings and graduations

Hosting an exchange student provides your family, your high school and your community with a direct window into another country and culture, providing an opportunity for life-long learning.

Families of all shapes and sizes can host an international exchange student. We've had host families with young children, no children, high school aged children – as well as empty nesters and single parent households.

Ayusa is a non-profit based in San Francisco that promotes global learning and leadership through foreign exchange and study abroad programs for high school students from around the world.

For more information about hosting a high school foreign exchange student, please contact your local representative Vicki Odom at 832.455.7881 or vodom@ ayusa.org or Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.

LIZ RAMIREZ GARZA AUSTIN RESIDENTIAL REAL ESTATE

By wisdom a house is built, & through understanding a home is established; Prov. 24:3

Free Comparative Market Analysis Free Professional Staging Free Professional Photography Marketing

> Call Me 512.914.8298 lizramirezgarzarealty@gmail.com



SEND US YOUR Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.

Email the picture to *sarah@circlecranch. info* Be sure to include the text that you would like to have as the caption.

Pictures will appear in color online at *www.PEELinc.com.*



I'LL BUY Your car!!

I have been buying cars in Austin for over 22 years. I'll buy any make, model or year vehicle. Stop by 4700 South Lamar for your fast, free appraisal.

512.750.8289

Licensed - Bonded - Insured www.downunderautosales.com dwnunder@hotmail.com Family Owned & Operated Since 1992

News You Can Use

CROSSWORD PUZZLE



ACROSS 1. Father

5. Water carrier

9. Radar target

12. White poplar

13. Hastily write

16. Peers (2 wds.)

22. Asian nation

26. Unripened

29. Great ape

30. Swirl

32. Fewer

21. Wipe

10. English architecture style

18. Mother-of-Pearl mollusk

28. One of Columbus' ships

11. Corporation (abbr.)

DOWN

- 1. The alphabet
- 2. Group of nations
- 3. Vigor
- 4. Sicken
- 5. English bar
- 6. Thoughts
 - 7. Folk dance
- 15. Official canine registry (abbr.) 8. Build
 - 10. Claws
 - 14. Dating
 - 17. Marrow
 - 18. Jargon
 - 19. Donkey
 - 20. Right angle to a ships
 - length
 - 23. Military officer
 - 24. Ceases
 - 25. "You can't eat just one"
 - brand 27. V

© 2007. Feature Exchange

31. Very large book

View answers online at www.peelinc.com

© 2006. Feature Exchange

YOUR LOCAL HOME AND AUTO INSURANCE SPECIALIST



Life Insurance

Auto Insurance

Health Insurance

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!

Commercial 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

Home Insurance

THE DEDICATED RUNNER Submitted by Steve Bernhardt

The heat is officially on in Central Texas, for the foreseeable future

no matter the time of day it will be hot and often humid during our runs. Does this mean it's time to slow down, not run as often, or simply head indoors to the gym to run? If you are a dedicated runner none of these options sounds appealing. Fortunately none of them are necessary either if we take our time to understand how to acclimatize to the higher temperatures and take the necessary measures to run safely and comfortably under the bright Texas sun.

First, it takes our bodies about 7-10 days to begin to make the physiological adjustments needed to adapt to strenuous activity in the heat. Research has shown we can become fully acclimatized in 14-days based on spending at least one hour a day in the heat. During this time our blood plasma volume increases, sodium levels concentrate, and our core body temperature decreases. Keep in mind fitter runners usually adapt quicker, as well as younger runners often do better in the heat than older runners.

Next, dress properly to maximize evaporative heat loss. Wear clothing designed for running that does not hold moisture in the fabric (hydrophobic) and encourages evaporation. Our bodies cool as the heat is pulled away from us in our evaporating sweat. Avoid running in cotton as it holds the moisture in the fabric and makes wide scale evaporation nearly impossible. Running in a soaking wet cotton t-shirt is not cooling, it's basting. Also, don't forget a breathable hat to keep the sun off your head and sunglasses to fight off the negative effects of UV sunlight on your eyes.

Lastly, our sweat rate increases as our bodies adapt to the stress of running in higher temperatures, because of this we need to replenish our fluids in order to maintain our effort and vital bodily functions. Water is ok for shorter duration runs (30 minutes or less) but for longer efforts we need to add some electrolytes like sodium chloride, magnesium, and potassium. There are many well designed hydration products available that are tasty and effective, as well as several different ways to carry fluids while on your runs like a hand-held water bottle or waist belt. If you are worried about the comfort of carrying a bottle while running, trust me after a few days you'll hardly notice it and grow thankful for having it with you.

Just because it's hot and humid doesn't mean we have to stop doing what we love to do, run. Being patient and giving our bodies time to acclimatize is critical. Wearing the right clothing to protect ourselves for the sun and encourage evaporative cooling is a must. Fluid replacement in order to maintain proper hydration is necessary to avoid heat related illness due to overheating and dehydration. With care and attention to each of these areas you'll be on your way to accomplishing your running goals no matter what the Texas summer decides to throw at us.

Checking accounts that come with a signing **bonus**.



Open a checking account at your local UHCU branch, and we'll give you a signing bonus up to \$100 in cash.

Visit us today at our Southwest branch location

5011 W. Slaughter Lane Austin, TX 78749



We're making banking personal again. Learn more at uhcu.org/signingbonus

Eligibility for Signing Bonus offer applies to new membership accounts opened between May 13 and July 31, 2015 that meet the following requirements: savings account opened with \$1 minimum deposit and checking account opened with \$100 minimum deposit. Account must be established at a United Heritage Credit Union location. One Signing Bonus and United Heritage goodie bag per new membership. Goodie bag supply is limited and available only while supplies last. Signing Bonus may be reported on member's year-end 1099-INT statement. Employee, Employee Household and Board Member accounts are not eligible. Terms and conditions apply. See uhcu.org/signingbonus for full details and account-related fees.

Federally Insured by NCUA

Sports News

TENNIS TIPS

By USPTA/PTR Master Professional **Fernando Velasco**



"Tennis for Children 9-10 years old and under - Green Ball"

This series of Tennis Tips are focused on how to involve children of all ages learning to play tennis and offering tips to the parents on how to assist at home. In the last issue I offered advice for children 9-10 years old and under playing with the softer orange ball and on a 60' foot court. This issue, will focus on children 9 and 10 years old and under playing with the green soft ball and on a 78' foot regular size court.

Caption 1: Tennis Racket and balls: The children should be using rackets ranging in length from 25" to 27" long along with the green ball. These longer, lighter rackets and bouncier balls will make it easier for the child to control the swing and the point of contact with the ball. The appropriate racket to use will depend on the height of the child. Balls will bounce from 47" to 53", which is within the comfort zone for most children of that age.

Caption 2: Tennis Court: For those players ready to cover the regular size court, they will now be playing on a 78" x 36' tennis court. Lines are now painted regular white making it much easier to see the ball landing, especially while the opponents are serving. Players need to be physically ready to cover the entire court.

Caption 3: Make Tennis Your Kid's New Pick-Up Game: Just like any other sport or skill, repetition is the key to learning. Once basic skills are learned the child will:

Receive Mind and Body Workout

- Develop Confidence and Character
- Encourage Self-Control and Discipline
- Improve Fitness and Focus
- Offer Both Individual and Team Play
- Encourage Cross-Training and Low Rate of Injury
- Teach Problem Solving and Sportsmanship

Children at this age are already playing points and are given tips on how to hit groundstrokes, volleys and serves with control. The USTA provides tournaments and leagues for children 10 and under using the green ball on the 78' courts. Matches are normally 4 game sets and they are encouraged to play round robins and/or consolation rounds.

Tips to parents:

- Take your child to a tennis court and encourage them to drop the ball and hit it on their own.
- Afterwards, feed the green balls from your own service line to them standing on the opposite service line. Fee the ball softly and with control. Make them move very slowly and with body control.
- Have them stand on their base line and feed balls next to them. Later move to the service line and once successful, move to the opposite side of the net.

Look in the next Newsletter for: "Tips for children 11 years old and older – Yellow Ball". For more information about our programs and club information, you can visit us at www.greyrocktennis.com or call us at 512-301-8685.



Webb Real Estate



LEASE

INVEST

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.

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.

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



POP WARNER Registration

Pop Warner tackle football and cheer season is just around the corner and registration for the Southwest Austin Dawgs fall season is currently open through July 15th. Our coaches are working and training with the Bowie staff and are excited to lead the boys for the 2015 season. You can find all of the details and register online at www.swadawgs. com. Teams are forming now and practice/ conditioning starts August 3rd. We hope you can join us! Go Dawgs!



Charity Case?

It's not just about selling homes. We believe in the power of business to make a positive impact in the lives of our community.



Through our event Rock 'n' Restock, over the past 12 years we have given back over \$100,000 to Capital Area Food Bank. Our PIE program gives back to our schools. Your Circle C Neighbor. #1 Agent by Austin Business Journal. Top 50 Worldwide by Wall Street Journal. Ranked #1 Real Estate Agent Worldwide by Keller Williams Realty. Not your average, typical traditional real estate agent. **Chad Goldwasser.**

Call 512-750-8333 today for the best representation in Austin.

These Circle C sales have allowed us to give back. Will yours?



REALTY

NOT AVAILABLE ONLINE

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.*

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*.

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







Call today for more info 512.263.9181

Or visit our website at: www.QualityPrintingofAustin.com



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

СС

AUSTIN REAL ESTATE PARTNERS



2015 BBB Torch Award Tust • Performance • Integrity Winner It all about TRUST. Honestly, we are not #1 in Circle C Ranch by sales \$ or # homes sold, but we'd be surprised if there are any other Realtors® who spend more time volunteering locally or trying to make our community better for everyone everyday. Bob & Melinda McKenna



		6 Months Sold History (11/2014 - 04/2015)							Current Market		
Circle C Ranch by Neighborhood Circle C Central	TOTAL								TOTAL		
	Homes Sold Square Feet		Price / Sq. Foot		Sold Price \$K		Year Built	Days On Market	Available	Pending Sale	
	27 2,770	\$	145	ŝ	401	1993	33	5	8		
North	13	2,159	\$	166	\$	359	1998	41	2	4	
On The Park	2	3,337	\$	124	\$	415	1998	64	2	2	
Wildflower	7	2,394	\$	155	\$	370	2003	21	2	0	
Park West	5	2,372	\$	175	\$	416	2001	10	2	3	
Vintage Place	4	3,068	\$	138	\$	424	2002	50	0	3 4	
Hielscher	10	3,111	\$	151	\$	468	2002	37	0	4	
West	13	3,391	\$	148	Ş	501	2004	44	8	4	
Park Place	5	2,346	\$	171	\$	402	2004	34	1	0	
Muirfield	6	3,054	\$	177	\$	541	2005	8	3	1	
Enclave 1&2	4	2,812	\$	160	\$	449	2008	59	0	0	
Lacrosse	n/a	n/a		n/a		n/a	n/a	n/a	n/a	1	0.
Alta Mira	6	2,949	\$	148	\$	435	2008	24	3	4	
Fairway Estates	Е	3,793	\$	176	\$	667	2010	41	з	1	
Enclave Estates	2	4,248	\$	127	\$	537	2011	111	0	1	
Avana & Cornerstone	19	2,828	\$	172	\$	486	2014	153	20	16	
Barstow Ct & Village	1	1,946	S	193	\$	375	2013	4	0	0	
Greyrock Ridge	3	2,221	\$	179	\$	398	2015	42	10	7	
Circle C Ranch	130	2,822	\$	158	\$	445	2003	53	62	59	
% Change Mo / Mo	-2%	-2%		2%		0%	0%	096	13%	11%	
% Change Yr / Yr	2%	4%	9%			14%	0%	91%	77%	34%	

Market Report data was obtained from the Auktin Multiple Unling Service (MLS) on 63/04/2015. Texes License # \$13586.

ses were construction and PSBO. homes are not included in the MLb data and Universities are not represented. Data is devined accurate but not guarantees

(512) 288-8088 ~ CircleCRanch.com ~ AustinRealEstatePartners.com 9600 Escarpment Blvd. Suite 930

Located In Escarpment Village next to Maximum FX Salon