

VOLUME 12, NUMBER 9

SEPTEMBER 2015

CIRCLE C

Community Newsletter

OFFICIAL NEWSLETTER OF THE CIRCLE C RANCH HOA



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HOA Announcements

- 4 HOA Announcements
- 5 Butterflies, Bees, & Bloom

Aquatics News

- 6 Pool Hours
- 6 End Of Summer Sign Off!
- 6 First Responder Discount

Around Circle C

- 8 Cover Photo
- 9 Join Pack 12 Cub Scouts!
- 9 38th Annual Bethany Marketplace
- 10 Circle C Café Menu
- 11 Battle Of The Youth Bands

News You Can Use

- 12 Fire Ant Treatment
- 17 Benefits Of Cross Training
- 19 The Difficult Question, When To Stop Driving?
- 20 Garden Tips for September
- 21 Recipe of the Month
- 22 Back to School

Sports News

- 24 Tennis Tips

In Every Issue

- 26 Teenage Job Seekers
- 26 Classifieds







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CCHOA NUMBERS

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 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

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 Spectrum Management 512-834-3900
Enclave off La Crosse (Streetman)
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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
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 Clayton Elementary512-841-9200
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 Bowie High School512-414-5247
 Mills Elementary.....512-841-2400

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 Post Office Oak Hill Station 800-275-8777

HOA Announcements

HOA ANNOUNCEMENTS

IMPORTANT UPCOMING DATES

- Monday September 7th – HOA Office Closed For Labor Day
- Monday September 7th – City of Austin Bulk Pick Up Begins
- Friday September 11th – Food Trailer Night
- Tuesday September 29th – Board Meeting

CITY OF AUSTIN BULK PICK UP

The city will be conducting a bulk trash pickup in the neighborhood starting the week of September 7th.

The bulky items list from the city includes: Doors, carpet, furniture, appliances (doors removed), passenger car tires (removed from the rim, limit 8 tires per household), lawn mowers (gas/oil removed), railroad ties (cut in half), pallets, rolled fencing, nail-free lumber.

The City of Austin will not pick up the following: Brush, household trash, cardboard boxes, hazardous materials, mirrors, automotive chassis and bodies, motorcycles, trailers, boats and tires that are still mounted on rims, sheet glass and other construction and remodeling debris

Items must be at the curb by 6:30am on the first day of your scheduled collection week (items set out after this time may be subject to collection fees). Bulk materials cannot be collected from businesses, alleys or vacant lots. Please sort your pickup items ahead of time. Do not put items next to garbage carts, mailboxes, water meters, fences or other possible obstacles. Bulk items should not be placed under low hanging power lines or tree limbs.

ARE YOU SIGNED UP TO RECEIVE HOA EMAIL ANNOUNCEMENTS?

The Association communicates with residents via our website email database on important and timely issues that affect the residents and the community. If you haven't signed up already, visit www.circlecranch.info and click Member Login in the top right corner to register for our website which will also add you to the email database. If you have any trouble with this process please contact the HOA office at 512-288-8663.

CLUTTER/DEBRIS

Please remove all clutter and debris from the front lawn, driveway, side yards, front walkways, and front porches. These items should be removed and stored out of public views at all times. This includes your trash carts, which should only be visible on your City of Austin collection day.

DID YOU KNOW...?

Speaking of trash carts, did you know that you can down size from your 96 gallon cart to a 64 gallon cart and save about \$18 a month (\$216 a year)? Down size to a 32 gallon and save over \$23 a month (\$276 a year). Downsizing one time is free of charge. There is a fee if you switch back. Visit www.austintexas.gov/departments/residential-rates-fees for more information or call City of Austin Solid Waste Services at 512-494-9400 to change your cart size.

SAFETY AWARENESS

Unfortunately some of you have been a victim of vandalism and/or theft recently so we wanted to ask everyone to be as proactive as possible

to deter crime in Circle C. As always, if you witness suspicious activity, report it to the police immediately. Activity in progress should be reported to 911; a report after the fact should be reported to 311. The City of Austin Police Department has these suggestions for deterring vandalism and theft from your property:

Install a deadbolt lock.

Deadbolts are usually locked with a key from the outside and a thumb turn on the inside. The cylinder should be pick resistant. Lock your doors every time you leave the house, even if you're leaving for just a few minutes during the day. The most popular times for residential burglaries are weekday daylight hours. In over 1/3 of burglaries, there is no forcible entry – someone forgot to lock the doors.

Install solid doors.

Outside doors should be metal or solid hardwood and at least 1 3/4 inches thick. Frames must be made of equally strong material and each door must fit its frame securely.

Keep garage doors closed and locked.

Park any vehicles possible in garages. Make sure vehicles left in the driveway are secured and do not have valuables left inside.

Secure sliding doors and windows.

Cut a broom handle to the length of the bottom track so that the window or door will not slide open when forced. Also, drill one hole through both casings and sliding window and insert a nail or pin.

Secure sash windows.

To prevent wooden sash windows from being pried open, drill a downward sloping hole into the top of the bottom window through and into the bottom of the top window and insert a pin or nail. To prevent aluminum sash windows from being broken into, purchase a track lock that blocks the window track.

Mark your property.

Mark your valuables with an engraver. Marking your property serves as a deterrent to would-be burglars and it helps police in identifying and returning stolen property. Make a property identification list. Put warning stickers on doors and windows.

Purchase a burglar alarm.

A home alarm system can be a very effective burglary deterrent and fit into many people's needs. Remember to test your system monthly.

Leave a light on.

When leaving on trips, leave a light on in the bathroom. In the bedroom, attach a lamp and radio to a 24-hour electric timer set to go on at dusk and off at your bedtime. Close bedroom drapes or blinds.

Use proper exterior lighting.

Place a light over every door. Double cones lights on each corner of the house will also light up windows.

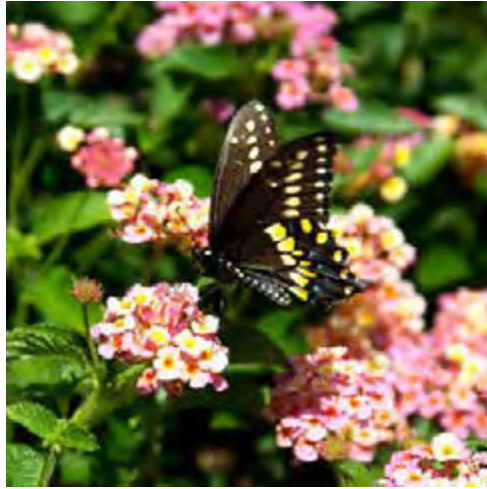
Work together with your neighbors.

When you are going to be away, tell trusted neighbors and ask them to watch your property. Have neighbors maintain your yard. When on vacation, have someone cut grass. Shrubbery should not hide neighbors' view of windows or doors. Have someone pick up newspapers and mail. Tell neighbors to call police if they notice anything suspicious.

Butterflies, Bees & Blooms

Let me tell you 'bout the birds and the bees and the...just kidding; although birds, bees, butterflies and other insects-known as pollinators- are worthy of discussion for other reasons! Have you ever seen a butterfly and not smiled? People like butterflies and honeybees because they are colorful and conjure up peaceful feelings like freedom or joy. Pollinators also play a crucial role in flowering plant reproduction and in the production of most fruits and vegetables.

Without the assistance of pollinators, most plants cannot produce the fruits and seeds that are an important food source for people and wildlife. In fact, nearly 75% of all flowering plants and crops are pollinated by animals with only a select few relying on wind to move pollen! Animals visit flowers in search of food, mates, shelter and nest-building materials. Some animals, such as honeybees, intentionally collect pollen, while others, such as butterflies or birds, move pollen incidentally because the pollen sticks on their body while they are collecting nectar from the flowers.



The bad news is that there is increasing evidence that many pollinators are in decline due to factors such as disease and loss of habitat. The good news is that there are a few ways you can encourage the butterfly and honeybee populations starting in your own yard:

- **Avoid or limit use of pesticides.** You can learn all about the City of Austin's Integrated Pest Management program by visiting: <http://www.austintexas.gov/ipm>

- **Honeybees are generalists**, feeding on a range of plants through their life cycle. Choose a variety of colors and try to have several plant species flowering at once, and a sequence of plants flowering through spring, summer, and fall.

- **Plant where pollinators will visit.** Research suggests native plants are four times more attractive to native bees than exotic flowers. These plants are also better adapted to our growing conditions and can thrive with minimum attention. Butterflies and bees

(Continued on Page 7)

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6am-10am (Lap Swim Only)
3:30pm-8pm

Saturdays

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

Sundays

10am-6pm

Community Center Pool
(7817 La Crosse Avenue)

Saturday & Sunday

12pm-6pm

Avaña Pool
(6610 Trissino Drive)

Saturday & Sunday

12pm-6pm

Special Labor Day Weekend Pool Hours

The Swim Center Pool will close at 6:00pm on September 7th, 2015. The Community Center Pool and Avaña Pool will be open September 5th, 6th, and 7th from 12:00pm-6:00pm.

CLOSURE NOTICE!

The Community Center Pool and the Avaña Pool will close for the season following the Labor Day weekend.

End of Summer Sign Off!

The summer is over, a big thanks to all the Aquatic staff for keeping everyone safe this year and a big thanks to all the residents who came and swam at the pool. With the cooler weather rolling in we wanted to remind everyone that we still have some programs available at the pool. Masters and Masters Technique practice 2-3 times a week, private lessons are still available and the swim team is diving into the 2015-2016 year. Please contact Amanda at coordinator@ccswim.net for more information.



FIRST RESPONDER DISCOUNT

During the upcoming month of September; firefighters, EMT paramedics and police officers will receive a discount for signing up for private swim lessons. In order to receive the discount, they will need to show their id badges or certification cards to the front desk when signing up. Discount applies to immediate family members living in the house only. Email Amanda at coordinator@ccswim.net for more information.

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(Continued from Page 5)

favor sunny spots over shade and need shelter from strong winds. Flowers clustered into larger clumps will attract more pollinators than individual plants scattered through the landscape; and flat rocks placed in sunny areas will serve as resting spots for butterflies to warm their bodies in cooler weather.

- **Think ahead.** In order to attract butterflies, bees and other pollinators in the spring and summer, you should begin planning in the fall. This is the time to sow wildflower seeds and to plant spring flowering bulbs. And on that note... As summer draws to a close, our second growing season begins; rain usually returns to Central Texas, temperatures start dropping back into the tolerable range, and late bloomers take center stage. Here are some good ways to take advantage of this second growing season and get some late season color into your yard and garden:
- **What to plant now.** Early fall is the best time to plant wildflower seeds because they germinate with the first fall rains, establishing their deep roots over late fall and winter for the early spring bloom. Now is also a great time to order spring blooming bulbs that you will want to plant in late fall or winter. You can begin to plant some cool season annuals such as petunias but really, it is still too hot out for planting most other cold season flowers. As it begins to cool off, you can plant shrubs and perennials, as well as

herbs in your garden. One star of the fall show is Mexican bush sage- butterflies love it!

- **What to plant later.** Once it has cooled off completely (around late October) you can plant flowers such as pansies, petunias, snapdragons, English daisies, poppies and sweet peas. And for any vegetable gardeners out there- late fall is also the ideal time to plant leafy and root vegetables including beets, broccoli, Brussel sprouts, carrots, onions, spinach, turnips, and greens such as cabbage, kale & Swiss chard. Many of these are able to withstand frosts and light freezes, and develop their best flavor and quality under cooler conditions. As a matter of fact this is the perfect time to plant onions and garlic- these will grow all fall and winter and be larger and more productive in the spring!

So, now that you have a list of things to do, I hope you've also been inspired to save the honeybees. If not, perhaps one more tidbit of info will entice you to plant a pollinator garden-- the production of chocolate and coffee depend on pollinators too!

Sources:

US Fish & Wildlife Service: fws.gov/pollinators

<http://www.fws.gov/pollinators/PollinatorPages/YourHelp.html#garden>

Neil Sperry's "The Garden Guru: It's go-time for fall crops"

neilsperry.com

centraltexasgardening.net

texasgardener.com



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Around Circle C

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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.

Cover Photo Credit: Resident Nancy Malcom

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.

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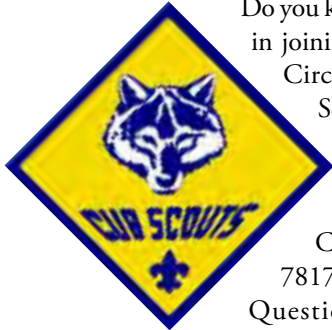
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JOIN PACK 12 CUB SCOUTS!



Do you know a boy in 1st-5th grade interested in joining Cub Scouts? Join Pack 12 at the Circle C Community Center Tuesday September 1st, 2015 from 6:30pm-7:30pm. There will be games for the boys, snacks and information about joining scouts. The Circle C Community Center is located at 7817 La Crosse Ave Austin, Tx 78739. Questions? Contact: Amanda Tondre, [mandykt1@hotmail.com]

38th Annual Bethany Marketplace

Saturday, Nov. 14
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Around Circle C



September 2015

Café # 288-6058

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Café open		Jumbo Shrimp 1 Wrapped in Bacon Angel Hair Pasta White Wine Sauce Caesar Salad	Grilled Ribeye 2 Cherry Sauce Mashed Potatoes Cesar Salad	Blackened Salmon, 3 Strawberry Salsa Rice, Cesar Salad	Chicken 4 Parmesan Tomato Basil Sauce, Fettuccine, Caesar Salad	Café open 5
Café open 6	Labor Day 7 Café open 11am-6pm	Chicken 8 Teriyaki Rice, Vegetables	PestoMarinated 9 Tilapia, Lemon Caper Sauce, Orzo Pasta, Caesar Salad	Chicken 10 Marsala Fettuccine Cesar Salad	Baby Back Ribs 11 Molasses, Ranchero Beans, Potato Salad, Corn Bread	Café open 12
Café open 13	Pistachio 14 Crusted Pork Tenderloin, Wild Mushroom Sauce, Oven Roasted Potatoes, Vegetables	New York 15 Strip, Cherry Sauce Cheesy Potatoes, Caesar Salad	Walnut 16 Crusted Trout Cucumber Salsa Rice, Cesar Salad	ChickenPicatta 17 Lemon caper sauce Tri Color Fusilli Pasta	Vegetable & Shrimp 18 Flatus, Avocado Salsa, Rice, Beans	Café open 19
Café open 20	Chicken Fried 21 Chicken, Mashed Potatoes & Creamy Gravy, Roasted Corn	MahiMahi 22 Fish Tacos, Jicama Slaw, Rice	Stir Fry Shrimp, 23 Fried Rice, Vegetables Orange Ginger Sauce	Chicken Breast 24 Stuffed /Crabmeat Caper Sauce Rice, Vegetables	Sliced BBQ 25 Brisket, Chicken, Sausage, Ranchero Beans, Potato Salad, Corn Bread	Café open 26
Café open 27	Tarragon Walnut 28 Crusted Chicken Orange Ginger Sauce, Cranberry Rice, Vegetables	Braised 29 Porkloin Chops, Roasted Shallot Sauce, Rice, Vegetables	Meatloaf, 30 Mashed Potatoes green beans			All Specials \$10.00 Ready at 5pm

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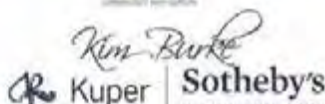
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News You Can Use



FIRE ANT TREATMENT

There are numerous ways to manage fire ants, but they are often broken into two categories- broadcast treatments and individual mound treatments. Individual mound treatments are used to treat one mound at a time and can be labor intensive and may result in more pesticide being spread into the environment. Broadcast treatments will spread product (granular or bait) over a large area.

Individual mound treatments include pouring boiling water onto the mound, using insecticide mound drenches, spreading insecticide granules onto the mound and watering them in, sprinkling insecticidal dusts on top of the mound or using bait-formulated insecticides around the perimeter of the mound. There are also many “home remedies”, but be advised that many of these do not kill fire ants. Many home remedies make the fire ants move to a new location (often 1-2 feet away), but do not kill the ants.

Bait-formulated insecticides most often consist of a defatted corn cob grit coated with soybean oil; the soybean oil is where the active ingredient (what kills the pest) is dissolved. Worker ants collect bait as a food source and take it back to the colony to share with other ants, including the queen. Depending on the active ingredient, the

bait may cause the queen to die or be unable to produce viable eggs, which gradually kills off the colony. When using baits, results are often slower to observe when compared to individual mound treatments, but can provide 80-90% suppression for 12-18 months. A bonus to broadcasting baits is that the amount of active ingredient is generally very small, which places less chemical into the environment.

With any pesticide treatment, read and follow all label instructions. Make sure to water in the pesticide if the label instructs to do so. Failure to water in chemicals when recommended by the label does an inadequate job of killing the ants. Baits should not be watered in or used before a rainfall event; baits will not be picked up by ants if they get wet.

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.

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Y Afterschool runs weekdays from school dismissal until 6:30pm for kids in K-5, at 19 sites in the greater Austin area. **Register today!**



SOUTHWEST FAMILY YMCA
512.891.9622 | AustinYMCA.org

2015 FOOTBALL SCHEDULES

University of Texas

Sept 5	Notre Dame
Sept 12	Rice
Sept 19	CAL
Sept 26	OSU
Oct 3	TCU
Oct 10	Oklahoma
Oct 17	Open Date
Oct 24	Kansas State
Oct 31	Iowa State
Nov 7	Kansas
Nov 14	West Virginia
Nov 21	Open Date
Nov 26	Texas Tech
Dec 5	Baylor

Baylor

Sept 4	SMU
Sept 12	Lamar
Sept 19	Open Date
Sept 26	Rice
Oct 3	Texas Tech
Oct 10	Kansas
Oct 17	West Virginia
Oct 24	Iowa State
Oct 31	Open Date
Nov 5	Kansas State
Nov 14	Oklahoma
Nov 21	Oklahoma ST
Nov 27	TCU
Dec 5	Texas

Texas Tech

Sept 5	Sam Houston State
Sept 12	UTEP
Sept 19	Arkansas
Sept 26	TCU
Oct 3	Baylor
Oct 10	Iowa State
Oct 17	Kansas
Oct 24	Oklahoma
Oct 31	Oklahoma ST
Nov 7	West Virginia
Nov 14	Kansas State
Nov 21	Open Date
Nov 26	Texas
Dec 5	Open Date

Texas A&M

Sept 5	Arizona State
Sept 12	Ball State
Sept 19	Nevada Wolf Pack
Sept 26	Arkansas
Oct 3	Mississippi State
Oct 10	Open Date
Oct 17	Alabama
Oct 24	Ole Miss
Oct 31	South Carolina
Nov 7	Auburn
Nov 14	West Carolina
Nov 21	Vanderbilt
Nov 28	LSU
Dec 5	SEC Championship

Bowie High School

Aug 14	SA Judson
Aug 20	Crockett
Aug 28	Pflugerville
Sept 4	SA Madison
Sept 11	Lehman
Sept 18	Anderson
Sept 25	Austin
Oct 2	Westlake
Oct 9	Open
Oct 16	Akins
Oct 23	Hays
Oct 30	Lake Travis
Nov 5	Del Valle

Monday Night Football

Sept 14	Eagles at Falcons
Sept 14	Vikings at 49ers
Sept 21	Jets at Colts
Sept 28	Chiefs at Packers
Oct 5	Lions at Seahawks
Oct 12	Steelers at Chargers
Oct 19	Giants at Eagles
Oct 26	Ravens at Cardinals
Nov 2	Colts at Panthers
Nov 9	Bears at Chargers
Nov 16	Texans at Bengals
Nov 23	Bills at Patriots
Nov 30	Ravens at Browns
Dec 7	Cowboys at Redskins
Dec 14	Giants at Dolphins
Dec 21	Lions at Saints
Dec 28	Bengals at Broncos

Houston Texans

Sept 13	Kansas City Chiefs
Sept 20	at Carolina Panthers
Sept 27	Tampa Bay Buccaneers
Oct 4	at Atlanta Falcons
Oct 8	Indianapolis Colts
Oct 18	at Jacksonville Jaguars
Oct 25	at Miami Dolphins
Nov 1	Tennessee Titans
Nov 8	BYE
Nov 16	at Cincinnati Bengals
Nov 22	New York Jets
Nov 29	New Orleans Saints
Dec 6	at Buffalo Bills
Dec 13	New England Patriots
Dec 20	at Indianapolis Colts
Dec 27	at Tennessee Titans
Jan 3	Jacksonville Jaguars

Dallas Cowboys

Sept 13	New York Giants
Sept 20	at Philadelphia Eagles
Sept 27	Atlanta Falcons
Oct 4	at New Orleans Saints
Oct 11	New England Patriots
Oct 18	BYE
Oct 25	at New York Giants
Nov 1	Seattle Seahawks
Nov 8	Philadelphia Eagles
Nov 15	at Tampa Bay Buccaneers
Nov 22	at Miami Dolphins
Nov 26	Carolina Panthers
Dec 7	at Washington Redskins
Dec 13	at Green Bay Packers
Dec 19	New York Jets
Dec 27	at Buffalo Bills
Jan 3	Washington Redskins

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#10 Agent out of "Top 50 Agents" in Central Texas CircleCRealtour.com | SquiresTeam.com

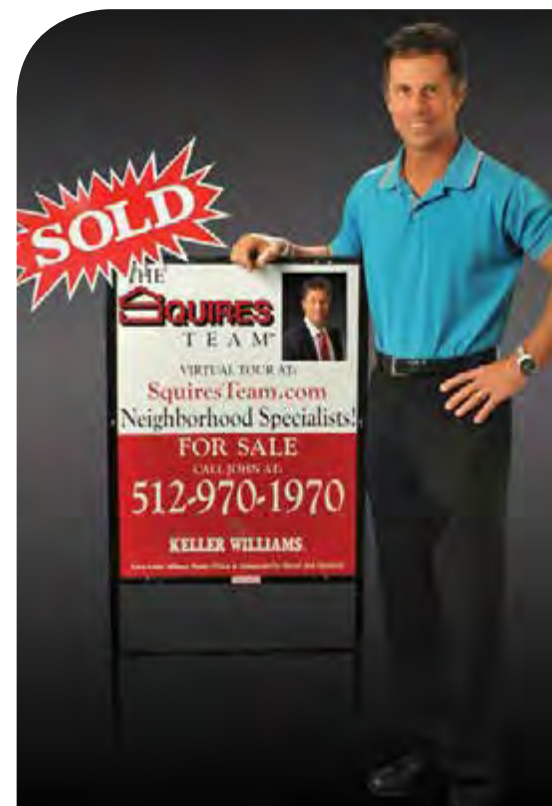
Dear Circle C Ranch Neighbor,

Can you believe the football season is already here? John Squires and the Squires Team don't want you to miss any of those important games, so we have given you the 2015 schedules of local Texas teams.

If you or someone you know is considering listing their home or buying real estate and would appreciate the level of service offered by John Squires, please call him at **(512) 970-1970.**

John Squires provides **FREE** home staging, **FREE** renovation advice **AND** **FREE** professional photography for all his clients.

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CircleCRealtour.com Yep...same guy!

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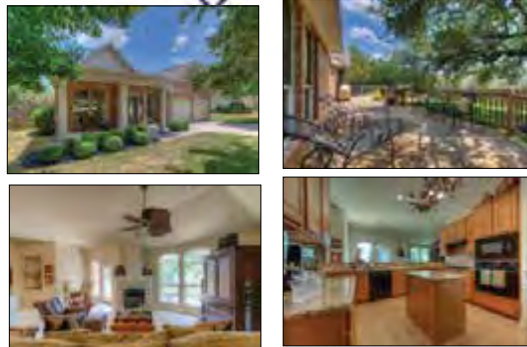
Call Kevin Scragg at (512) 529-8763 to see any house and for all leases!



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11113 Bastogne Loop "JUST LISTED!" JOHN'S LISTING Gorgeous plan backing to permanent greenbelt! Gated! Upgraded at \$469,000. **\$187. per foot !!**



6813 Hansa Loop "JUST LISTED!" JOHN'S LISTING Impeccable cottage backing to permanent greenbelt. 2236 sq. ft. at \$449,000. **\$200.81 per foot !!!!**



5324 Austral Loop "UNDER CONTRACT" JOHN'S LISTING Newmark on greenbelt. \$499,000.

6605 Walebridge "JUST SOLD!!" JOHN'S LISTING Beautiful stone on quiet street. Views for miles. \$459,000.



6300 Needham Lane "COMING SOON!!" JOHN'S LISTING Complete remodel at 3500 sq. ft. HUGE Newmark on corner lot with big back yard. HUGE bedrooms! **\$399,000!!!!**



3901 Pete's Path "COMING SOON!!" JOHN'S LISTING Beautiful cottage with wood floors in Shoalwood on corner lot! **\$599,000.** Perfect retirement area.

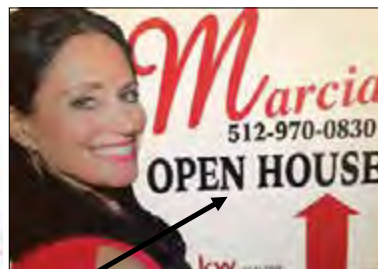
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John Squires will professionally consult, stage, renovate, update and upgrade your home (if needed) to sell for the maximum price the market will bear at no additional fee ever! Call him for a no-obligation consultation.



SquiresTeam.com



"John let us use his trailer after he sold our house and we saved ourselves about \$3,000. in moving costs! Thanks John!" Nicole and Ritchey Spiegel
6708 Maclin Cove



Come and see Marcia and I at our Circle C Ranch open houses every weekend. Just follow the polka dot or red balloons! John

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



10901 La Estrella Cove **"JUST SOLD!!" JOHN'S BUYER**
Stunning chopped stone with wood floors backing to permanent greenbelt with downtown Austin views! **\$499,900.** list price.



10705 Canfield Drive **"UNDER CONTRACT!" JOHN'S LISTING \$629,000.** Gated community Fairway Estates at the golf course.



6517 Goodall Ct. **"UNDER CONTRACT IN 2 DAYS!" JOHN'S LISTING** Gorgeous Streetman home on a corner lot with hill country views! 3-car garage, party patio, 4/3.5, double-office! **\$489,900.** list! Under contract with multiple offers!!!



12700 Padua Drive **"JUST SOLD!! JOHN'S BUYER \$688,000.** Brand new 4350 sq. ft. Standard pacific home backing to greenbelt. Highly upgraded and custom built with John Squires representing the buyer.



Austin Independent School District 2015-2016 School Calendar

Six & Nine-Week Reporting Periods



(512) 970-1970

August 2015

- 10-13 New Teacher Orientation
- 18-19 Staff Development
- 20-21 Planning & Prep
- 24 First Day of Classes

September 2015

- 7 Student & Staff Holiday - Labor Day

October 2015

- 12 Student Holiday - Elem. Parent Conference;
Secondary Staff Development

November 2015

- 11 Student Holiday - Staff Development
- 25-27 Thanksgiving Holiday

December 2015

- 19 Winter Break Begins

January 2016

- 4 Student Holiday - Staff Development
- 5 Classes Resume
- 18 Student & Staff Holiday
Martin Luther King, Jr. Day

February 2016

- 15 Student Holiday - Elem. Parent Conference;
Secondary Staff Development
1st Bad Weather Makeup Day

March 2016

- 14-18 Spring Break
- 25 Student & Staff Holiday

May 2016

- 27 Student Holiday - Staff Development
- 2nd Bad Weather Makeup Day
- 30 Student & Staff Holiday - Memorial Day

June 2016

- 2 Last Day of Classes
- 3 Planning & Prep

S M T W Th F S S M T W Th F S

July 2015

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March 2016

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May 2016

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December 2015

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June 2016

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19	20	21	22	23	24	25			
26	27	28	29	30					

Legend

- Student/Staff Holiday
- Planning & Prep/
Student Holiday
- Staff Development/
Student Holiday
- First / Last
Day of Classes
- Student Holiday -
Elem. Parent Conference
Secondary Staff
Development
- + Bad Weather
Make-up Day
- New Teacher Orientation
- } 9-Weeks
- } 6-Weeks
- District Closed

Austin Independent School District
1111 W. Sixth St., Austin, TX 78703
512-414-1700 www.austinisd.org

Approved by the AISD Board of Trustees 12/15/14

For more information about important District dates and events, and religious holidays which may affect student attendance, please check our website www.austinisd.org

The Benefits of Cross Training for Top Fitness Results

Whitney Ostott, Owner of GirlPower Fitness

Even if you faithfully work out multiple times per week, if you're not mixing up your fitness regimen, you might not be seeing optimal results.

"When you only do one fitness activity -- like running or weight lifting, for example -- and you only work on the muscles involved in that sport, you may discover that you are far less fit than you think," says Todd Schlifstein, DO, a sports medicine rehabilitation doctor at New York University Medical Center's Rusk Institute.

The answer? Cross training.

Cross training is typically defined as an exercise regimen that uses several modes of training to develop a specific component of fitness. There are many benefits to cross training, not the least of which is being able to try many types of exercise to see what you like best and gives you the desired results.

Here are some of the main benefits to varying your workout:

- Prevent injury – Doing the same exercise repeatedly can lead to overuse injuries. Cross training distributes the stress of exercise more evenly, and gives your muscles, tendons, bones, joints and ligaments a rest. Particularly if you primarily do high-impact

activities like running, cross training with yoga or Pilates on alternate days can be especially beneficial.

- Increase motivation – Variety is the spice of your exercise program! When you do lots of different types of movement, you can stay more excited about your fitness program which will also lead to a higher chance of adherence. If staying motivated is your issue, try a new class at the gym or even something completely different at home (YouTube has lots of free workout videos that will allow you to try out new things.)
- Improve balance and coordination – Balance can be improved through participation in a variety of activities, which can boost your athletic performance in many sports. Cross training allows your muscles to experience different forces and angles from a range of activities; it also improves agility, coordination, reaction time, speed and power.
- Broaden your exercise horizons – It's easy to get stuck in a rut and stay in our comfort zone with what we know. One of the most fun classes I've ever done was one I never thought I'd like: boxing.

(Continued on Page 18)



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News You Can Use

(Continued from Page 17)

As in, wrap the hands, put on gloves and pound a bag. What's something you've always wanted to try but never have?

A good cross-training program will incorporate cardiovascular fitness (anything that gets your heart rate up), strength training, flexibility, and balance and agility work. Even if you don't belong to a gym, you can achieve all of this from home even with no equipment. You can take a brisk walk outside, then search YouTube for bodyweight exercises (for strength), yoga (for flexibility) and Pilates (for balance and agility). Working out doesn't have to be complicated!

Enjoy trying new things and reap the additional benefits of cross training!

About the Author: Whitney is a Circle C resident and owns GirlPower Fitness, a private personal training studio in her home. Offerings include yoga, Pilates, barre, strength training, bootcamp, suspension training and step aerobics. For more information, visit www.girlpoweraustin.com.

SUDOKU

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View answers online at www.peelinc.com

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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The difficult question: **When to stop driving?**

For many seniors the decision when to stop driving is a difficult one.

Contemplating the loss of a vehicle can mean the feelings of a loss of independence and the loss of an activity many have had for a long time. Everyone is different in terms of whether it is safe to drive or not, and the decision is not always age related.

Perhaps friends and relatives have mentioned that they are concerned, or maybe a doctor visit has triggered some potential issues. Many doctors however, are hesitant to tell patients that they should stop driving entirely, but will suggest driving locally avoiding highways and busy intersections. So the final decision is a personal one, and involves having a hard look as to whether you should still be driving or not.

There are several factors that can indicate it's time to give up the keys, such as diminished eyesight and hearing. As we get older there can also be physical limitations making head turning difficult, or limitations of feet and legs, making it difficult to reach and use the pedals. It's important to pay attention to lapses of memory in not remembering where you are driving, or getting lost in previously familiar places.

There are also the telltale signs of dents, and scrapes on the car and having problems with stationary objects.

Medications can certainly pose significant risks in driving safety, and a mixture of prescriptions can be very concerning.

The bottom line has to be the safety of yourself, and of those in the community. There are driving evaluations available to enable you to decide whether it's time to stop.

Many report that using other forms of transportation has opened up a different side of life. Seniors have more interaction with friends, family and members in the community who are available to give rides. Walking is a great option, and of course is good physical exercise. It certainly can prove a lot cheaper to use a taxi once in a while as opposed to the expense of running a car.

Most of us would not want to come to the point where keys are taken, or the vehicle is disabled by those who care about our welfare. It is important to stay active and independent, but driving is not always the best way to achieve that goal.

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



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Garden Tips for September

Prepare your lawn for Fall and Winter

September and October are the perfect time to aerate and top dress or compost your lawn. Follow with foliar feeds like seaweed, Garrett Juice, or Medina Soil Activator through November. If just trying to winterize or feel lazy, spread organic pellet fertilizer by Lady Bug or Fox Farm and then drench the lawn with a foliar feed.

Control Weeds: Spread Corn Gluten Meal on your lawn between 9/1 and 10/15 to control weeds. As a natural weed & feed and common ingredient in pet food, it does not kill active weeds, but it prevents weeds from sprouting. Also, it fertilizes the lawn with 9% nitrogen.

Plant Everything!!!



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RECIPE OF THE MONTH

Carrots au Gratin

Ingredients

- 2 lbs. carrot, sliced
- 1/8 tsp. pepper
- 1/2 Cup chopped onions
- 1 1/2 C milk
- 1/4 Cup oleo, divided
- 4 oz. processed
- 3 T. flour
- American cheese, cubed
- 1/2 tsp. salt
- 1 T. dried parsley

Cook carrots until tender crisp. Drain. In saucepan saute onions in 3 T butter. Stir in flour, salt, & pepper. Gradually add milk and bring to boil. Cook for 1 minute or until thickened. Stir in cheese until melted. Add carrots and parsley. Pour in greased 2 quart baking dish. Melt remaining butter and pour over carrots. Bake at 350° 20-25 minutes or until bubbly. (8-10 servings)

Enjoy!



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Back To School

School starts in August, so now is the time for drivers to pay closer attention to the school zones in the neighborhood. We want to remind you that the speed limit in a school zone is 20mph and traffic fines double!

Other changes to be aware of include;

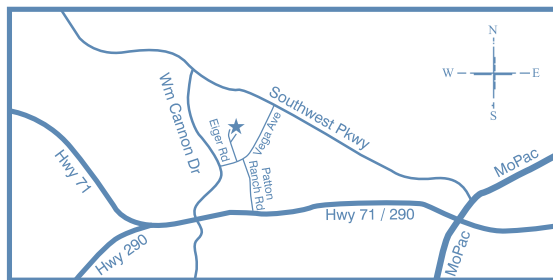
- Children behaving unpredictably
- School Bus Stops
- Crossing Guards – please obey the guards! Remember, they are there for the safety of you and your children
- New areas of traffic congestion
- Be prepared for delays
- Use of cell phones in schools zones is prohibited!

Please give yourself extra time in the mornings and mid-afternoons and remember if you are traveling in a school zone to slow down.

Time To Slow Down!



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Realtor listed incorrect number of rooms
Realtor listed incorrect schools feeding home
Realtor selected the wrong buyer(multiple offers)

Cost to Seller

\$22,000
\$15,000
\$20,000

Not only do mistakes cost the SELLER \$\$\$, they also add **additional stress**...the homes above stayed on the market, on average, an additional **34 days**. Let the numbers do the talking...compare **Webb Real Estate** with all other Realtors just in Circle C.

Webb Real Estate

All Other Circle C

Sale Price
Number of Days on Market

101% of List Price
9 Days

98.5%
44 Days

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- And **Don't sign** with another Realtor until you meet the Webb team

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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



With this issue, I will be offering tips on the fundamentals of the game of tennis. Kristen Somerholter, a Member of the Grey Rock Tennis Club shows the proper form and technique for the forehand groundstroke:

Step 1: Early Anticipation: The upper body turns with the right wrist slightly “cocked” back and level with the hip. Notice the eyes focused toward the incoming ball and the balance of the left hand

in front of the body.

Step 2: Point of contact: Once the racquet starts accelerating, the right wrist is still slightly “cocked” back, but will have a small snap when making contact with the ball. Optimum point of contact is in front of the opposite foot. Notice that the eyes are still focused on the tennis ball and her weight has transferred to her left foot.

Step 3: Follow Through: Once the ball has made contact with racket, the arm needs to follow through for a long period of time to allow maximum compaction of the ball and help from the strings and the frame. Notice that the body has slightly turned watching where the ball is landing. The knee has flexed to allow more flexibility and power for the ball.

Step 4: Finish: If the racket has great momentum, let it continue following through the body and finishing it around the neck. This will allow for a more powerful impact and depth on the ball. The smile on her face shows that she hit a great shot!!

Look for next Issue: The Backhand Groundstroke

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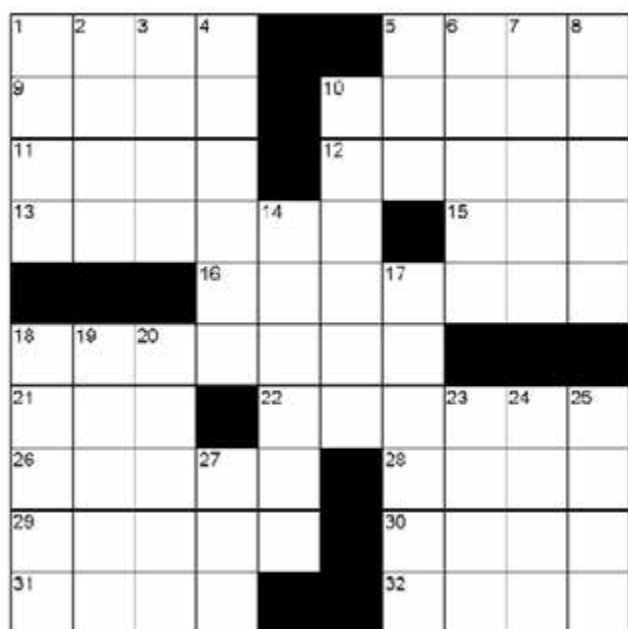
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1. Canned meat brand
5. Recommend
9. Volcanic rock
10. Strength
11. Consumer
12. Refastens
13. Mire
15. Flurry
16. Remove a light bulb
18. Easier to get at
21. Frosty
22. Pretended
26. Spring flower
28. Basic's opposite
29. Buddy
30. Sliding toy
31. Ball player ___ Aaron
32. Food

DOWN

1. Ghetto
2. El ___ (Texas city)
3. Maintain
4. Plunder
5. Vase
6. Measuring instrument
7. Point
8. Render capable
10. Public transportation vehicles
14. Short-tempered
17. Put a fold in
18. Catch a ride
19. Sporty car brand
20. Synthetic fiber
23. Ca. University
24. Abstain from certain foods
25. Chances of winning
27. Writing liquid

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What is better than Circle C statistics on the back of the newsletter? How about an interactive map to go along with it! Check it out at CircleCRanch.com/homes/market-statistics/ and let us know what you think!

Bob & Melinda McKenna



Welcome Master Plan Schools Lifestyle Property Search Events Circle C HOA Business Directory About FAQ

The Circle C Ranch community has 18 existing neighborhoods, all of which have different characteristics; we want to peel the layers back in order to get a better understanding of your neighborhoods market data. We provide the most recent real estate market statistics by neighborhood as well as annual appreciation reports detailing the prior five-year home appreciation rates by neighborhood. Below you will see a map form as well as annual appreciation reports detailing the prior five-year home appreciation rates by neighborhood. If you'd like to see detailed market statistics for your property, don't hesitate to contact us anytime.

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