

VOLUME 13, NUMBER 4

APRIL 2016

CIRCLE C

Community Newsletter

OFFICIAL NEWSLETTER OF THE CIRCLE C RANCH HOA



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ASHLEY AUSTIN
HOMES

*Based on 2014 residential home sales through Austin Board of REALTORS.

HOA News

- 4 Announcements
- 5 Getting Kids in The Garden

Aquatics News

- 6 Pool Hours
- 6 Circle C Aquatics is hiring!
- 6 Splash into Swim Lessons
- 6 Let Circle C Aquatics Help You Get in Shape!

Around Circle C

- 8 Cover Photo Credit
- 8 Cub Scout Pack 12 Spring Recruiting Event
- 8 Silver Stars Summer Camp
- 8 Hope 4 Minds Golf Tournament

News You Can Use

- 10 College Prep Seminar
- 10 Swing Networking Group
- 11 Honey Bee Swarms
- 14 Live Allergy Free
- 16 April Gardening Tips

Sports News

- 18 Tennis Tips

In Every Issue

- 20 Classifieds
- 22 Teenage Job Seekers



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CCHOA NUMBERS

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Circle C Amenities

Circle C Avaña Pool 512-292-1518
 Circle C Café 512-288-6058
 Circle C CDC..... 512-288-9792
 Circle C Swim Center 512-288-6057
 Circle C Community Center Pool..... 512-301-8259
 Grey Rock Tennis Club 512-301-8685

CIRCLE C GATED COMMUNITIES

Enclave off Spruce Canyon (KB)
 Spectrum Management 512-834-3900
Enclave off La Crosse (Streetman)
 Plateau Property Management..... Rosalyn Peterson, 512-441-1041
Fairways Estates
 Spectrum Management 512-834-3900
Park West
 Goodwin Management..... Marilyn Childress 512-502-7509
Muirfield
 Real Manage..... Tom Ellis, 866-473-2573

BOARD OF DIRECTORS

Kim Ackermann

Jason Bram

Bob McKenna

Steve Urban

Natalie Placer McClure

James Moseley

Dan Vavasour

Contact the Board atdirectors@circlecranch.info

IMPORTANT NUMBERS

City of Austin Solid Waste 512-974-1945
 Dead Animal Collection..... 512-974-2000
 Abandoned Vehicle..... 512-974-8119
 Pothole Complaints..... 512-974-8750
 Stop Signs 512-457-4885
 Street Light Maintenance 311
 Schools
 Clayton Elementary 512-841-9200
 Kiker Elementary 512-414-2584
 Mills Elementary 512-841-2400
 Cowan Elementary 512-841-2700
 Bailey Middle 512-414-4990
 Gorzycki Middle School..... 512-841-8600
 Bowie High School 512-414-5247

UTILITY PROVIDERS

Electric Pedernales Elec. 512-219-2602
 City of Austin. 512-494-9400
 Gas Texas State Gas 800-700-2443
 Water City of Austin 512-972-1000
 MidTex Water Company 866-654-7992
 Solid Waste City of Austin 512-974-1945
 Post Office Oak Hill Station 800-275-8777

ANNOUNCEMENTS | WHAT'S HAPPENING

IMPORTANT DATES

Friday April 8th

First Food Trailer Night of 2016!

Saturday April 16th

Neighborhood Garage Sale (Shredding & Recycling)

Tuesday April 26th

CCHOA Board Meeting

ANNUAL MEETING RECAP

The Circle C Homeowners Association Annual Meeting was held on Wednesday, March 2nd at 6:30pm at the Circle C Community Center. Thank you to everyone who voted, submitted a proxy or quorum proxy; we were able to meet quorum a few days prior to the meeting. There were three open board seats up for election. Congratulations to Natalie Placer-McClure, James Moseley and Dan Vavasour who were each elected to three year terms! Check the official HOA website, www.circlecranch.info, to see the power point slides and other information from the Annual Meeting listed under the Resources tab on the main menu.

TRASH CART REMINDER

The HOA receives numerous calls weekly in regard to visible trash and recycling carts. Please remember to store your trash and recycling cans into your garage or out of sight from the street after trash/recycling is collected. Do your part to help keep Circle C a beautiful place to live!



FIRST FOOD TRAILER NIGHT OF 2016!

We had high hopes for the first Food Trailer Night of the year scheduled in March but unfortunately the weather was not in our favor so please join us this month for the first Food Trailer Night of 2016 on Friday April 8th at the Circle C Community Center. The party starts at 5:30pm! Make sure that you are signed up for our email announcements and check the website regularly for updates and more details as we get closer to the event.



COMMUNITY WIDE GARAGE SALE, APRIL 16TH

The CCHOA will host Circle C's Annual Garage Sale on Saturday April 16th. Homeowners are encouraged to host their individual garage sales on this date. We will be advertising the event (in print and on the internet) from 8am-5pm. You can also go to <http://gsalr.com/n/circle-c-hoa-austin-tx> to add your address to the garage sale map.

In addition to the garage sale, the CCHOA will also have Electronics Collection provided by R2 Resource Recycling, the Salvation Army and paper shredding by Intel Armor at the Community Center located at 7817 La Crosse Ave from 10am-2pm. This event is brought to you by the CCHOA and Melinda McKenna.

- **Intel Armor** will be in the parking lot with their shredding truck for a drive up, shred on the spot service. You drive up, open your door or trunk, hand it off, and your papers are fed into the shredder. Each resident may bring two standard size boxes (16 x 12 x 10) of personal records to shred. Paper clips, staples, and small binder clips are permitted. Ring binders and books are NOT permitted. This is our first time to offer this service and we have no idea how to judge the turnout. Please be patient if the line is long!

- **R2 Recycling** will accept Monitors, TV's, Computers, Laptops, Servers, Wire, Aluminum (no cans) Keyboards, Mice, Electronic Scrap Metal, and Hard Drive Disks. There will be a charge for the disposal of Fluorescent Bulbs (\$1.00 pc.), Household Batteries (\$0.10 pc), no car batteries will be accepted.

- **The Salvation Army** will be here to take clothing, furniture and household times and appliances. Appliances include Air Conditioners, Dryers, Electric/Gas Stove, Heater, Microwaves, Refrigerators (working), Color TV's (working) and Washing Machines.

GETTING KIDS IN THE GARDEN

Submitted by
Lindsey Peck

If you've been looking for a new, healthy hobby that the whole family can enjoy look no further than your own backyard- starting a family garden! Kids love to make messes, explore, and watch things grow; and if you're a novice gardener yourself, you can learn the basics right along with your kiddos! There are many great resources available to get you started, some of which I've compiled below. Use technology to research common how-to's and get a plan together but then put down the electronics, turn off the television & get outside this spring!

Here are a few great ideas for engaging your budding little gardeners:

- Choose your spot! If you don't have an ideal space for a garden, consider building a raised garden bed or using planter boxes or other large containers. Giving each child their own "space" will allow them to feel a sense of ownership & pride over their garden.
- Invest in a few fun, child-sized garden tools (the toy varieties do not work well) and of course, store them safely away when not in use.
- Learn the basics of soil health & how to properly care for a

growing garden. Making a to-do list and drawing up a plan can be a great rainy day activity!

- Start small & simple. Your garden size & variety can grow along with your skills. Let kids help with the garden design. Offer a few suggestions, but gardens really can be free-form for the most part.



- Choose colorful flowers or quick sprouting vegetables. Radishes are a good option as they sprout in just a few days, which can help to hold a little one's interest without requiring too much patience. They are also fun to pull out of the ground and you can always give them away to friends if they aren't a veggie of choice at your dinner table!

- Look for other side projects that can provide additional interest such keeping a garden journal, making homemade water gauges to use in the garden, or looking at colorful reference books or children's gardening blogs. There are many community gardens and organizations around town that host kid-friendly events regularly so be sure to look for those as well.

(Continued on Page 6)

BLOOD DONATION SAVED BABY REID'S LIFE.

Baby Reid was born with a rare heart condition and within hours of being born, Reid needed several blood products. "Reid would not be alive today if it were not for blood donors," says his mother, Melissa. **"Blood donors are true heroes."**

SOUTH LOCATION NOW OPEN!

3100 W. Slaughter Lane

(between Brodie and Westgate in the Star Center)

Sunday: 10:00 am – 3:00 pm

Wednesday, Thursday, Friday: 8:00 am – 6:00 pm

Register to donate at www.inyourhands.org or call 512-206-1266. Walk-ins always welcome.



Aquatics News

(Continued from Page 5)

- Remember you can always “help” the garden along when little eyes aren’t looking to encourage continued interest and gardening success!

- Allow your kids to show off their gardens. Be sure to point them out when friends stop by or take a picture to post online for family to see. Positive attention and feedback is a great motivator!

Gardening is a great way to enjoy our beautiful spring weather and lasts longer than just a season. The memories you make will last even longer and soon enough you may find yourself digging in the dirt alongside the next generation of little gardeners. For more tips, FAQ’s and resources, please visit the links below. And happy gardening!

Resources:

www.rodaliesorganiclife.com/home/the-importance-of-getting-kids-into-the-garden

www.wildflower.org/familygarden_about/

www.austinchildrensgarden.org/blog

http://eartheasy.com/grow_gardening_children.htm

<http://extension.illinois.edu/firstgarden/index.cfm>



Do you have a swimmer eager to rock swim team tryouts soon? Sign them up for a quick refresher group swim lesson session before the tryout to boost their skills and confidence! Pre-spring group lessons in April run Monday-Friday and each class is 25 minutes long. Classes are filling up fast so don’t hesitate!

In case you haven’t heard, Circle C Aquatics is also now offering the American Red Cross Learn-To-Swim Program and Preschool Aquatic Program! This means there are a lot of changes to the way group lessons are taught and the registration process.

To learn more, please visit the Group Lesson tab at ccswim.net or email your questions to lessons@ccswim.net.



Circle C Aquatics is Now Hiring

Does your teenager need a job this spring and/or summer? Enroll them today so they are ready to start working with us ASAP! We offer competitive pay, flexible schedules and a totally rad working environment! We are looking for lifeguards, customer service representatives and swim instructors. Must be 16 years of age or older for employment. Contact Amanda at coordinator@ccswim.net for more information about the next lifeguard class. Apply online at cc.ninjabig.com today!



When “That will never happen to me” happens.

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8400 Brodie Ln Ste 105

Austin, TX 78745

Bus: 512-282-3100

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State Farm, Home Office, Bloomington, IL

Let Circle C Aquatics Help You Get in Shape!

Did you make a New Year's resolution to get in shape this year? Circle C Aquatics can help! We offer many aquatic programs that can help you get in shape, from the Master's adult program to one on one private lessons for everyone in the family. Did you know that an hour of vigorous swimming will burn up to 650 calories? It burns off more calories than walking or biking!

Come meet Coach Erin and swim in a Master's Swimming practice for free! Master's Swimming meets Mon/Wed/Fri 6-7am and Tues/Thurs 7:30-8:30am.

Private lessons are offered in the mornings and afternoons. Contact Amanda at coordinator@ccswim.net for more information.

SPRING POOL HOURS

Swim Center
5919 La Crosse Avenue
March 21st - June 5th

Monday-Friday

6:00am-10:00am
(Lap Swim Only)
3:30pm-8:00pm

Saturday

7:00am-10:00am
(Lap Swim Only)
10:00am-6:00pm

Sunday

10:00am-6:00pm

The Avañã and Community Center pools are closed until May 7th.



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Cover Photo

This month's cover photo
was taken by resident James
Turner at the Lady Bird
Johnson Wildflower Center.



SUMMER DANCE CAMP

Bowie Silver Stars

June 13-17, 2016

Registration Online @ silverstars.org



Pack 12

Spring Recruiting Event

All kindergarten to 4th grade boys and their families are invited to Dick Nichols Park on Sunday, May 15 from 3-5 PM to learn more about scouting and to sign up for the 2016-17 school year. Pack 12 is sponsored by the Circle C HOA and serves families from Clayton and Baldwin Elementary School and the surrounding areas. If you would like to join but cannot attend the event, please contact Emily Barker at e2barker@gmail.com for more information.

REGISTRATION NOW OPEN
FOR SWIM LESSONS

EVERY SUMMER HAS A STORY



YMCA Summer Camps offer children & teens, ages 4-14, a safe, exciting, and memorable day camp experience. Kids have the opportunity to build self-confidence, independence, and creativity, and parents have peace of mind knowing your kids are in a safe and enriching place. At YMCA day camps, kids make friends and create stories they'll share for a lifetime. What will your child's summer story be?

Camps fill up fast!

Register today at AustinYMCA.org
or call Program Services at 512.236.9622



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- CONTESTS & GAMES
- PRIZES FOR 1ST, 2ND, & 3RD

Monday, April 25, 2016
Grey Rock Golf Club
7401 Hwy 45; Austin

Registration-11:00 am
Shotgun Start-12:15 pm

\$175/golfer

VOLUNTEERS & SPONSORS NEEDED

Questions?

Email ronda@hope4minds.org

We foster hope and enrich the lives of children with an acquired brain injury through support and education.



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Southwest Smiles
Insperity
Covert Buick of Austin
Thrivent Financial

Antic Ink
Real Ale Brewing Co.
K.W Gutshall & Associates
Real Life
Peel, Inc.
Centre for Neuro Skills
Be Healthy @ Home Healthcare

Mai Orthodontics
Brandi Nellis Photography
GolfTEC
Ben E Keith Foods
Neighbors of Circle C
Peter King Design
Eureka Designs

News You Can Use

COLLEGE PREP SEMINAR

Parents of middle and high schoolers are invited to attend the last of 3 sessions with Corinne Franks Oh, the Weekend Counselor. Learn important info about the PSAT, dual credit courses and get tips on how your students should spend their summers to prepare for college.

Save the date:

**Apr 6 10th & 11th grader's summer college checklist
6:30pm-7:30pm**

Corinne earned her M.Ed from Teachers College, Columbia University and is currently an AISD high school counselor, where she oversees the ACC dual credit program and is the 504 coordinator for her school. In addition she works privately with students as a college admissions consultant helping students navigate the college admissions process from start to finish.

These classes will be held at the Circle C Community Center (7817 La Crosse Avenue). Please contact Corinne Franks Oh for registration information; corinneoh@yahoo.com.

SWING Networking Group

Promote your business with local independent business owners. SWING (South west Austin Inclusive Networking Group) has been meeting every Thursday morning from 8AM to 9:30AM at the Waterloo Ice House on Escarpment for 8 years.

We have no dues, no initiation fees, we don't take attendance. Just pay for your own breakfast. The more often you show up the better we get to know you. We are an inclusive group, we will enjoy competition. So, bring your business cards and a good attitude and let's get to know you.

If you want more information, contact Liz Jensen at 512-301-6966 or lizleej@gmail.com or Peter Berardino (The King of SWING) at 512-695-2334 or peterberardino@gmail.com.

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Honey Bee Swarms

Honey bees are beneficial by producing honey, wax and pollinating crops. With warmer temperatures, honey bees are becoming more active and may soon begin to swarm.

Honey bee swarms look like a large clump of bees clustered together. The swarm may stay in a location from a few hours to a week. Swarms are produced as a part of the colony's reproductive process. An established colony produces a new queen, causing the old queen and half the worker bees to leave the colony to search for a new nesting location. Swarming honey bees are usually gentle and unlikely to sting. Swarms are not protecting their home, food or offspring. Scout bees are sent out from the swarm to search for a nesting site. Colonies produce comb and honey and are defensive. Bees from a colony are more likely to sting as they are guarding their home, food and offspring.

Sometimes, honey bee colonies can be found in wall voids, chimneys, attics or sheds. If bees are in a wall void, DO NOT block their entrance; this makes them search for another way to exit and could lead bees into the structure. To keep bees from entering a home, seal any holes found in walls where pipes enter the home, cracks in window framing, knotholes, weep holes, or cracks between wood and brick junctures.

While many enjoy having honey bees around, some people are severely allergic to their venom. This, along with other situations, such as bees located near sensitive areas (such as playgrounds) may require removal or even extermination of the bees.

People should NOT try remove or exterminate bees on their own. Beekeepers and pest control companies have equipment to carry out these jobs in a safe manner. The city or county does not provide bee removal services.

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



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

SquiresTeam.com

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



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



Okay Circle C, you asked for it, so here it is! **5714 Van Winkle**, "On the Park" is John Squires' listing **"COMING SOON!!"** Approx. 3616 sq. ft. with wood floors, granite and backs to greenbelt. Call him to see it!

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



AWESOME investment opportunity or retirement cottage for visiting parents! 2507 Monarch just underwent a \$65,000. complete renovation. New roof, A/C, granite, hardware, recessed lights, hardiplank siding, wood floors, Stainless appliances, complete inside and outside paint, custom cabinets in kitchen, new baths—the list goes on! John Squires listing at **\$329,000**.

#1 Agent in Circle C Ranch history with **475+** homes **"SOLD!"** in Circle C Ranch and over 960 homes sold in the Austin area.

Austin Business Journal **"Top 50"** agent in Central Texas. **#10** agent in 2014. **#19** in 2016. 8-time winner.

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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 **relo-certified** with all relocation firms and he is the #1 Circle C Ranch listing expert.

John Squires will professionally consult, stage, renovate, update and upgrade your home (if needed) to sell for the maximum price the market will bear at **no additional fee ever!** Call him for a no-obligation consultation. John will actually answer his phone and/or get right back to you!



5916 Gorham Glen- John's listing.



11100 Blissfield—John's listing.



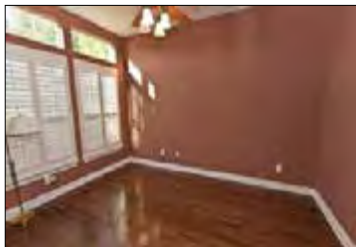
6716 Vitruvius—Kevin's buyer.



11508 Via Grande—Kevin's listing.

SquiresTeam.com

11024 Pairnoy Lane– **John's Listing– JUST LISTED!** This stunning Streetman home is on a gorgeous, cul-de-sac, private lot in the Woodlands. The home features wood floors, 4 large bedrooms, 3.5 baths, media room (which can be a bedroom), game room and more! It is approx. 4800 sq. ft. and offers storage galore. The granite and stainless kitchen is huge and looks over the family room with gas fireplace. The back yard is private and backs to greenbelt. All of this is within walking distance to Clayton and the HOA pool! Call John to see this incredible home today.

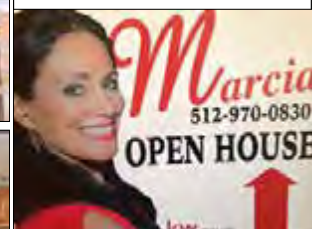


John Squires and the Squires Team offer:

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- 2) **Communication directly with John Squires on his “sell” phone anytime at (512) 970-1970.** You'll never be handed off to an assistant..
- 3) **The most experienced listing and selling agent in negotiating Circle C Ranch home sales in the history of the neighborhood.** John knows all the builders and their plans.
- 4) **Brilliant marketing and internet exposure including hand-crafted brochures using pictures from the “Top 2” professional real estate photographers in Austin.**
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- 7) **FREE, professional home-renovation consultation and bids from Professional Contractors.**
- 8) **COMPETITIVE COMMISSION structures and SALES EXPERIENCE means more money in seller's pockets and in less time than any agent selling in Circle C Ranch today.** **MOVE-UP and MOVE-DOWN plans are also offered for all situations.** Call anytime at (512) 970-1970.



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!



Call Marcia if you would like to be professionally represented in the purchase of any home in the greater Austin area. You will find Marcia at open houses almost every weekend when not working with qualified buyers. Just follow the red or polka dot balloons every weekend for the Squires Team latest open houses! (512) 970-0830

Live Allergy Free

Do you suffer from nose congestion, running nose, sneezing constantly, itchy nose, sore throat, red & itchy watery eyes, and cough? Do you have more than ten sneezes non-stop sometimes especially in the morning. If this sounds like you? You may suffer from allergy. If you have these symptoms during certain seasons of the year, you may have seasonal allergies. With all the trees and flowers in Austin, more and more people suffer from seasonal allergy.

If the symptoms are not effectively under control by western medicine, some people may develop chronic allergy, the symptoms become more severe every time. Other people may develop dependency to the medication, need to increase dosage form time to time.

The cause of the allergy is either the exterior pathogen (allergen) or the internal constitution (body type). Traditional Chinese Medicine treat patient's constitution, rebalance the body, change the internal environment by improving the circulation of Qi and blood, therefore to control, reduce and cure the allergy.

Several Chinese patterns of disharmony may be involved in cases of allergies. In all cases, however, wind is often part of the diagnosis. In seasonal allergies, such as hay fever, the most common diagnosis is related to wind and dampness. Individual's body constitution and condition at the time play a big role in the treatment plan.

Treatment plans for allergies vary greatly, and the possible results range from temporary relief to complete remission based on the reaction of individual person. Acupuncture frequently relieves allergy symptoms immediately. Diet advice and control plays an important part in controlling seasonal allergies.

Take your health into your own hands, live allergy free with safe effective natural way.

Apart from respiratory issues including allergy, acupuncture is also effective to treat reproductive issues for male and female, emotional issues, neurological issues, gastric distress. It is a wonderful way to relieve pain without intoxications, to help with rehabilitation, to treat addictions and fatigue.

Talk to your licensed Acupuncturist about what acupuncture and TCM can do for you.

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2016 SAT TEST DATES

- | | |
|-----------------|----------------|
| • Jan. 23, 2016 | • May 7, 2016 |
| • Mar. 5, 2016 | • June 4, 2016 |

Webb Real Estate

Just some of the homes Sold by
Webb Real Estate

“The Biggest Team LIVING In Circle C”

TOP 1.5%
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Circle C Facts	Webb Team	All Others
Sales Price	101%	98.5%
# Days on Market	9 days	44 days

- Best Online Marketing Exposure
- HDR Photos & Walk Through Video of Your Home
- Competitive Commissions
- Always Available by OUR cell phones



Bryan Webb

Broker, Owner,

Certified Negotiations Expert

Cell: (512) 415-7379

bryan@bryanwebbtx.com

Patty Webb

Realtor

Cell: (512) 415-6321

patty@webbcirclec.com

April Gardening Tips

Use this list to help you figure out what gardening tasks you want to accomplish this month.

PLANNING

When purchasing bedding annuals this spring, choose properly grown plants with good color. Buy plants with well-developed root systems that are vigorous, but not too large for their pots. Plants that bloom in the pack are often root bound and can be set back for several weeks after being transplanted. Plants not yet in bloom will actually bloom sooner, be better established and grow faster.

For hot-weather color, select one of the following: Gloriosa Daisy, Madagascar Periwinkle, Ornamental Peppers, Mexican Zinnia or Amaranthus 'Joseph's Coat. Plan to attract hummingbirds to your garden this year by planting red or orange flowers. Monarda (common names: beebalm, horsemint, Oswego tea, and bergamot) is a good perennial plant that thrives in sun and provides nectar for these small birds.

PLANTING

Begin to plant seedlings of warm-season vegetables such as tomatoes, peppers, and eggplants. You can also start your pumpkin seeds now. Sow beets, beans, cucumbers, carrots, lettuce, sweet corn and radishes.

Plant herbs such as thyme, sage, parsley, chives and basil. Sod or sow new lawns, and over seed damaged older lawns. Start planting out warm season annuals such as impatiens, marigolds, petunias, sunflowers, zinnia, lobelia, alyssum.

Finish planting summer-flowering bulbs like tuberose, gladiolus, dahlias, and callas. Plant chervil, coriander, dill, rosemary, and summer savory outside after the last spring frost date for your area. Your Extension agent should be able to give you the date.

MAINTENANCE

Mulch soil to save water, smother weeds, keeps soil cooler. Spread 1-3 inches (2.5-7cm) of bark chips, compost, wood shavings, or other organic material under shrubs trees, annuals and vegetables.

Thin vegetables that were sown too thickly, like basil, carrots, green onions, or lettuce.

Prune spring-flowering shrubs and trees after bloom is over. Fertilize everything right now, but do not feed spring-flowering shrubs like azaleas, camellias, and rhododendrons until after they have finished flowering. Use an acid based fertilizer. They also should be pruned after blooming.

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TENNIS TIPS

*By USPTA/PTR Master Professional
Fernando Velasco
Owner, Manager and Director of Tennis
Grey Rock Tennis Club, Austin, TX*



STEP 1

STEP 2

STEP 3

STEP 4

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, and the forehand half-volley. In this issue, I will offer you instructions on how to execute the one –handed backhand volley when players are at the net and have to hit the ball on the fly. In the illustrations, Ross Hooks, a Member of the Grey Rock Tennis Club, demonstrates the proper form and technique.

Step 1: The Split step: When the player comes up to the net, the player will stop and take the split step by bouncing off the toes at the same time and let the body lean forward to react to the ball. Both hands are on the racket so it can react to either move to the left or to the right. Eyes are focused on the incoming ball. Notice the left hand being on the throat of the racket, not next to the right hand

Step 2: The Back Swing: The left hand will guide the head of the racket at eye level and with a short back swing. The upper body has made a turn and the weight of the body has been placed on the

left leg. Eyes are focused toward the point of contact. The right hand is relaxed to allow the left hand to make the proper opening to meet the ball.

Step 3: The Point of Contact: As the swing comes forward, the left hand releases the racket and the right foot leans toward the ball. The left hand stretches back to allow proper balance on the point of contact. The head of the racket is slightly tilted up to allow a slice on the ball. This assures good height above the net and will force the ball to stay low when making contact with the court, thus making it tougher for the opponent to return the ball back to the player.

Step 4: The Follow Through: Once the ball leaves the racket, the follow through is extended toward the target. The weight of the player is now on the right leg and the left arm is still balancing the body as a “butterfly swing”. The shoulders are still slightly turned and are ready to come back to the split position.

Look for in the next Newsletter: The Two-Handed Backhand Volley



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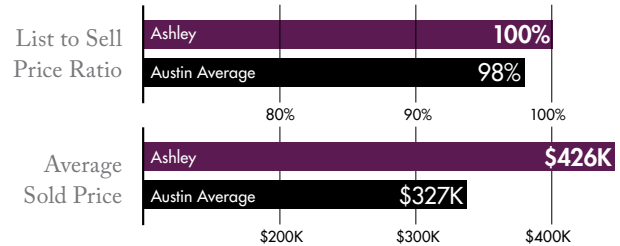
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