

VOLUME 14, NUMBER 4

APRIL 2017

CIRCLE C

Community Newsletter

OFFICIAL NEWSLETTER OF THE CIRCLE C RANCH HOA





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- Texas Monthly Five Star Agent 2013 – 2016
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- AIOREP Top 10 Agent for Client Satisfaction in Texas 2015



ASHLEY AUSTIN
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CCHOA NUMBERS

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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 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 – President
Natalie Placer McClure – Vice President
Russ Hodes – Treasurer
James Moseley – Secretary
Jason Bram, Steve Urban, & Dan Vavasour – Board Members
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 7th - Food Trailer Night

Friday April 14th - CCHOA Office Closed for Good Friday

Saturday April 15th - Annual Easter Egg Hunt!

Sunday April 16th - Swim Center Closed for Easter

Tuesday April 25th - CCHOA Board Meeting

**Saturday April 29th - Neighborhood Garage Sale
(Shred & Donate)**

ANNUAL MEETING RECAP

The Circle C Homeowners Association Annual Meeting was held on Wednesday, March 8th 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 two open board seats up for election. Congratulations to Jason Bram & Russ Hodes 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 in the Resource Center, click on the Resources tab on the main menu.

NEIGHBORHOOD GARAGE SALE (SHRED & DONATE)

The CCHOA will host Circle C's Annual Garage Sale on Saturday April 29th. 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 add your address to the online garage sale map at this link; <http://gsalr.com/n/circle-c-hoa-austin-tx>.

In addition to the garage sale, the CCHOA will be offering paper shredding by Intel Armor and the Salvation Army will be onsite to collect donations at the Community Center (7817 La Crosse Ave) from 10:00am-2:00pm.

- Intel Armor will be in the parking lot with their shredding truck for drive up and shred on the spot service. You drive up, open your door or trunk, hand off your stack, and your papers are fed directly 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 will be our second year to offer this service; please be patient if the line is long!

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

HOA ASSESSMENT FEES ARE NOW LATE

The first HOA assessment fee of this year was due in March. If you have not yet paid the first half of your yearly assessment fee please do so at your earliest convenience. Remaining current with these dues allows residents access to the neighborhood amenities like the pools and the Community Center.

If you did not receive an HOA assessment in the mail or cannot find your copy please contact the Financial Manager Terri Giles by phone at 512-451-9901 or via email at tgiles@mgilescpa.com.

Payments can be mailed to P.O. Box 163541, Austin, Texas 78716. If you choose this option please do NOT postdate your check or staple your invoice directly to your check but do include it in the envelope. You can also setup Bill Pay through your financial institution or make use of our newest option and pay online at our website www.circlecranch.info. When paying online be sure to list the address you are paying for in the note section.

Please remember the Financial Office is NOT located at the Circle C HOA office, and the CCHOA office is not bonded to accept payment nor can they provide information about account status. All financial questions should be directed to Terri at the financial office.

SCOOP THE POOP!

We continue to receive complaints of residents either not picking up their dog's poop or bagging the poop, then tossing the bag into the common area landscaping. Please be a responsible pet owner and good Circle C neighbor. Pick up after your dog and deposit the bag in to one of the community trash cans provided along the major roadways or in your own personal trash at home. It is the responsible, sanitary, and neighborly thing to do!



TRASH CART REMINDER

The HOA receives numerous calls in regards 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!



Circle C Annual Easter Egg Hunt

Hop on over for the Annual Easter Egg Hunt! Visit with the Easter Bunny and enjoy a sweet treat with us after the hunt.

Saturday April 15th – 9AM sharp
Swim Center Plaza – 5919 La Crosse Avenue

Admission is \$1 per child. There will be 3 areas for age groups 1-3 yrs, 4-5 yrs, and 6-8 yrs. Please limit 12 eggs per child.

Pool Hours

Swim Center

5919 La Crosse Avenue

March 20th-June 4th, 2017

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

April Pool Closures:

In observance of Easter, the Swim Center will be closed Sunday April 16th.

The Swim Center will be closed until 1pm on Saturday April 29th for a swim meet. We will re-open for regular business hours at 1pm.

The Avana and Community Center pools are closed until May 6th



Circle C Aquatics is Now Hiring

The Circle C Swim Center is now hiring all positions for the 2017 Spring and Summer seasons. Red Cross Lifeguarding Certifications are required for Lifeguard positions; however, we do offer Lifeguard courses on a monthly basis at a discounted rate (contingent upon employment with us). You must be 15 years or older to take the course. Visit our website, www.circlecranch.info under Aquatics/Employment, and submit an application now! Contact Gabby Haynes at lifeguard@cswim.net with any questions.

Aquatic Programs

o Spring Session Group Lessons are starting at the end of this month! This is a great time to get your swimmer back in the water for a refresher class. Before registering your swimmer, please check over the pre-requisites for each level, they can be found on our website at www.circlecranch.info under Aquatics/Group Swim Lessons.

o Coach Marilyn has a noodle waiting for you! Come join her and the other gals for our wonderful Water Aerobics class. This class meets Tuesday/Thursdays from 9-10am. This class is for participants of all ages and abilities. It offers a fulfilling workout with a fantastic atmosphere!

o Starting May 1st, the Select Swim Team and the Circle C Seals Team will both be in the water in the afternoons. Please remember to share the lap lanes and circle swim with fellow residents as lane space will be limited.

For more information on all programs offered at Circle C Aquatics, email Amanda at coordinator@cswim.net.




LITTLE
HUMANS
ARE A VERY
BIG
DEAL TO US.

Dell Children's is now offering Emergency Care at
Seton Medical Center Hays.



DellChildrens.net/EmergencyCare

CIRCLE C RESIDENT-OWNED BUSINESS FAIR



42 Vendors
All Circle C
Residents!

SATURDAY, APRIL 22
10 AM - NOON
CIRCLE C
COMMUNITY CTR.

Exclusive discounts,
freebies and samples for
attendees, including:

- Free essential oils for moms: **Birth Tribe**
- Raffle for free half day summer camp: **Snapology**
- Free hour of service: **Concierge of Austin**
- Drawing for Shine-a-Light books: **Usborne Books & More**
- Free original prints & staging consults: **Katie Conley Creative Art & Staging**
- Complimentary spinal scans: **Colm Chiropractic**
- Free Life Coaching session: **Soul-Hive**
- Free 30-min pet visit: **Dr. J's Pet Services**
- 20% discount on all photo art: **Greg Daily Photography**
- Raffle for free products including Multi-Function Eye Cream & Mini Facials: **Rodan + Fields**
- Free Blazer Tag pack and 50% off a child care consult: **Nurture My Child**
- Raffle for app to learn Spanish with your child: **MamaLingua**
- Free injury screens: **Spero Rehab**
- Free personal training sessions: **GirlPower Fitness**

Kiker Beautification Committee Earth Day Event

You've enjoyed the results of past projects such as the super fun and exciting Flash-Mow, the 'Kinder-Garden' pick up, Faulkner Hall walkway and SBLC garden, now you and your whole family can help the Kiker Beautification Committee at our Earth Day Event on Saturday, April 22 from 8am to noon. Help us beautify the front of the school by planting a garden around the labyrinth, mulch trees, and much, much more! Please bring your own labeled tools (wheelbarrow, shovel, rake, gloves, etc.) if possible.

To see some of our amazing before & after photos from prior events visit our Facebook page at <https://www.facebook.com/pages/Kiker-Elementary-Campus-Beautification/165952826820301> where you can "Like" and "Follow" us in order to receive updates on this and future projects as well as weekly photos of items from the Lost & Found rack. Breakfast will be provided so bring the whole family and come and go as your schedule allows!



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Around Circle C

JOIN US FOR SOME FUN FOR A GREAT CAUSE !



Where; Game Plan Entertainment
4175 Freidrich Ln, Austin, TX 78744

What: 20+ classic arcade games, 10+ video game console
setups, skeeball lanes, and much more!

When: May 6, 2017/ 2:00-4:00 pm

Cost: \$25/ticket &
\$10/ticket for spectators

GO TO [HTTP://BIT.LY/GAMEPLAN4HOPE4MINDS](http://bit.ly/GamePlan4Hope4Minds) TO PURCHASE TICKETS.

SPACE IS LIMITED!

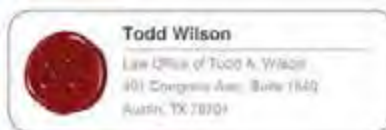
Ticket proceeds go to

HOPE4MINDS

supporting kids after brain injury



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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!



John Squires' "Sell" phone is (512) 970-1970. Call any time.



"After 20 years in Circle C, we decided it was time to head back to our home state of South Carolina. We chose John to represent our home sale because we've seen him market many homes over the years On the Park and thought he would be the best fit for us. John had our home professionally staged at no cost to us and allowed us to use his trailer for weeks to move items to storage. John personally held open house, greeting over 57 buyers the first day alone. He then negotiated 4 over full-price offers for us after the first weekend on the market. We would highly recommend John to anyone needing excellent real estate representation and negotiating experience in Circle C." John and Lynn Edgerton 10014 Estancia Lane

People often ask me how many homes sell in Circle C annually and how much per foot are they getting. Here are the statistics for 2016. Of course, price per foot may vary greatly, depending on the floor plan of the home, location, busy streets, greenbelts, age and a myriad of other details that can affect pricing. Brand new homes generally are not listed if the buyer contracts with the builder without the home going to the MLS. Below are the homes that were actually listed on the MLS. For any more detailed information, please do not hesitate to call me at any time. Thanks! John Squires

#1 Agent in Circle C Ranch history with over 500 homes "SOLD"! to date in Circle C Ranch alone.
Over **1000+** homes sold in the greater Austin area.
#1 Keller Williams agent sellers and buyers served in Southwest Austin.
#19 agent out of Austin's "Top 50" agents in 2016 city-wide.
"Top 50" agent in central Texas **7** times according to the Austin Business Journal. Austin resident since 1963. Circle C Ranch home owner. Only **1** number to call *ever* for all your real estate needs and you will never be handed off to an assistant. You will have direct access to John 16/7/365 and he answers his phone!

2-story sold statistics for Circle C Ranch for 2016.

254 2-stories were sold. Average sold price was \$500,733. for 3131 sq. ft. Price per foot is at \$162.21. Days on market at 48. Largest 2-story sale was a brand new home on Padua at \$901,514. for 4,632 sq. ft.

1-story sold statistics for Circle C Ranch for 2016.

105 1-stories were sold. Average sold price was \$412,976. for 2,256 sq. ft. Price per foot is at \$186.51. Days on market at 31. Largest 1-story re-sale was from John Squires at \$610,000. for 3500 sq. ft. w/pool on Cusseta.



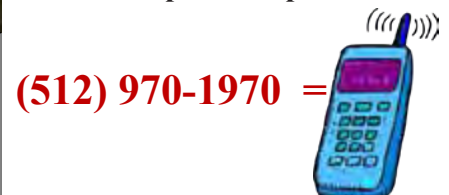
SquiresTeam.com

Hey Circle C! Here is the latest activity of the Squires Team in the neighborhood. With the lack of homes on the market and plenty of buyers looking to beat the spring rush, we have been receiving multiple offers on most of our listings since January 1st. I had a record 57 buyers come through one of my open houses and we are regularly seeing a ton of interest on our new listings. Call me at any time for more information on the market or on how I may be able to help you with your real estate needs. Thanks! John



Call John at (512) 970-1970 for any information regarding listing your home for sale, buying a home or any questions on Austin, Texas real estate. The Squires Team also offers flexible commissions, move-up/move-down plans for growing families and 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 **relo-certified** with all relocation firms. Just a few of those relocation firms are **Weichert, Xerox, Global, Cendant, Yellow, Sirva, Cartus, Promisor, Aires, Brookfield, One Source, WHR Group, and Altaire Relo.** Call John any time, as he will actually answer his phone and/or get right back to you. You will never be handed off to an assistant during your entire transaction and will communicate only with John on his personal phone!



6706 Walebridge Lane— **John's Listing—"Just Listed!"** Gorgeous white stone Streetman, Barton 1 model home plan. Wood floors, 4 beds, 3.5 baths and game room on **GREEN-BELT! \$539,000.** Absolutely stunning.



10821 Canfield —**John's Listing—"Just Listed!!!"** Gorgeous estate home backing to perm. greenbelt easement in gated Fairway estates! Walk to pool. Listed at **\$719,000.**



11200 Cusseta Lane—**John's Listing- "Just Listed!"** Stunning 5 bedroom, 4 full bath home with in-ground pool on deep cul de sac! **\$579,000.** Super "1-story" plan!



5212 Corrientes Cove—**John's Listing- "Just Listed!"** Executive Series home with 9 foot deep diving pool and oasis back yard. 4 beds, 3 full baths and a game room! **\$545,000.**



10014 Estancia lane—**John's Listing—"JUST SOLD!!!"** Fantastic Executive plan "On The Park". John held open house and it sold for approx. \$25,000. over list with 4 offers on the first weekend. Listed at **\$540,000.**



5024 Tiger Lilly Way— **John's Listing—"Just Listed!"** Beautiful Wilshire home in vaunted Wildflower. Across from Park! **\$389,000.**



7124 Tanaqua Lane— **John's Listing—"JUST SOLD!!!"** stunningly remodeled 1-story, 4 bed 3 full baths, PLUS office. John held open house and it sold for approx. \$15,000. over list price with 4 offers over **\$500,000.!** Listed at **\$489,000.**

News You Can Use

Bowie High School Class of 2017 Project Graduation Needs Your Help!



Project Graduation is a substance free, all night celebration the night of graduation. We are currently seeking donations/door prizes from neighbors and local businesses. Please help us make Project Graduation extra special for the Class of 2017! We welcome monetary donations as well as gift cards, items for the dorm, gas cards, electronics...anything that a high school graduate would enjoy!

For more information please Contact Jeanna Crow at jeannac@alumni.utexas.net or 512-301-0335

James Bowie High School **SILVER STARS DANCE CLINIC 2017**



**MONDAY JUNE 12TH - FRIDAY
JUNE 16TH, 2017**
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7:00am-6:00pm Monday – Friday (\$410 per 2 week session)

9:00am-1:00pm Monday – Friday (\$255 per 2 week session)

- Session 1: June 5th – 16th
(Camp WIN WIN: Sports & Games)
- Session 2: June 19th – 30th
(Camp Save The Day: Superheroes & Villains)
- Session 3: July 3rd – 14th
(Camp Center Stage: Theatre & Music)
- Session 4: July 17th – 28th
(Camp Once Upon a Time: Imagination & Adventure)
- Session 5: July 31st – August 4th One Week Only
(Camp Inspire: Community Outreach)

Register Today!

www.thechilddevelopmentcenter.org



LORI DAVEY FREE FITNESS EXPO

WHEN: SATURDAY, JUNE 10, 2017 10 A.M. - 4 P.M.

**WHERE: CIRCLE C COMMUNITY CENTER
7817 LA CROSSE AVE. AUSTIN, TX 78739**

Clear your calendar - It's going down! The Lori Davey Fitness Expo is coming to the Circle C Community Center on Saturday, June 10, 2017 from 10am to 4pm. The expo is a family-friendly free event with a strong commitment to promoting community, wellness, health & fitness.

This is your opportunity to get inspired and have direct access to the best in health, fitness and wellness. Attendees will receive tips on how to stay healthy from nutrition experts, discover new wellness products and services, have access to cooking demos, witness a live fitness competition, and much more. We will have music, a kid's corner and free prizes will be raffled throughout the day! The event is also interactive, be sure to wear comfortable clothing so you can participate.

If you are a local business owner and would like to be a vendor, please contact us for more information.

Call 805-330-5008 or email Loridaveyfitnessexpo@gmail.com for more information or check out: www.loridaveyfitnessexpo.com

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COMMIT TO BE FIT



LORI DAVEY FITNESS EXPO

SATURDAY, JUNE 10TH 10AM – 4PM

News You Can Use

WHAT'S BLOOMING AT THE WILDFLOWER CENTER?

When asked what's likely to be blooming in April, the coordinator of our native plant database said, "Evvvvvvv-reeeee-thing!!!!" April is wildflower season in Central Texas, and you can find them blooming everywhere. So, rather than point out the more obvious Texas bluebonnets or Indian paintbrush, we've included a couple lesser-known wildflowers below. Look for them around town, at the Wildflower Center and perhaps in your own backyard!

Blue Curls (*Phacelia congesta*)

Any curly-headed human will tell you a dry air day is a good hair day. *Phacelia congesta*, the Shirley Temple of the plant world, feels similarly about soil. Blue curls flourish in sandy or rocky terrain without much moisture, bringing large clusters of periwinkle blooms to all sorts of challenging landscapes. And just as spirally hair loses some of its spring the longer it gets (due to gravity), these bouncy strands uncurl as buds develop from April to May.

Hudson Flax (*Linum hudsonioides*) Fields dotted with yellow and brick red make most Texans think "firewheel!" But *Linum hudsonioides* pulls a switcheroo on that iconic wildflower's color scheme, amping up the yellow on the petals and leaving a feathered dollop of scarlet only in the center. Perfect for southwestern areas, these low-growing beauties tolerate lots of heat and sun but require little moisture. No wonder Hudson flax is right at home in Texas, New Mexico, Kansas and Oklahoma!

Find these plants at the Wildflower Center and learn more about them at: wildflower.org/plants-main

Get Outside!

From moonlight hikes and nature photography classes to botanical art and qigong in the gardens, there's a ton of fun, educational programming coming up at the Wildflower Center — not to mention special events for National Wildflower Week, May 1-7. More details at wildflower.org/events.

Submitted by Amy McCullough, Lady Bird Johnson Wildflower Center.

Photography by Lady Bird Johnson Wildflower Center (blue curls) and Ray Mathews (Hudson flax).



*Blue Curls (*Phacelia congesta*)*



*Hudson Flax (*Linum hudsonioides*)*



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Spring is Here!

It is time to start thinking about opening your windows and brightening your home. Not sure where to start? Follow these 3 easy steps from Tarragona Designs:

1. Update your walls

Color trends change every year. From light and bright colors to dark and daring, colors don't go out of style, it's just the pairings of different colors that come and go. New color combinations may be just what your walls need for a fresh new look, especially if you've had the same color palette in your home for a long time. My top 5 colors that I recommend are:



1. Agreeable Gray-Sherwin Williams 7029
2. Intellectual Gray-Sherwin Williams 7045
3. White Flour-Sherwin Williams 7102
4. Ancient Marble-Sherwin Williams 6162
5. Sea Serpent-Sherwin Williams 7615

2. Accessorize

Have your throws & pillows seen better days? It might be time to bring in some new pieces for a fresh & updated feel to your home. You can transform the entire look of a room by changing out some basic design items such as lighting, pillows, throws & artwork.

3. Spring clean your home

It's lots of work but you will be so glad you did when the weather draws you outside. Pull out your screens and wash the winter grime off your windows, then work on cleaning things like the ceiling fans and fireplaces. Once your cleaning is complete, gather mason jars from your cabinet and pick up fresh flowers on your next visit to the grocery store. Arrange together in groupings throughout your home for a finished and fresh look. Spring is here...

Submitted by resident Debbie Campsmith of Tarragona Designs; Article by Rita Lopez, owner and creative designer of Tarragona Designs. If you would like more home design and/or organization tips, please contact rita@tarragonadesigns.com.

DEMENTIA CARE GIVER SUPPORT

Caring for a loved one living with dementia brings many challenges for both individuals. We recognize that each person living with dementia and their care giver has unique and personal situations.

We invite you to join us for opportunities to:

- Have fellowship with fellow caregivers.
- Learn evidence-based tips and strategies.
- Share your concerns, your strategies and your needs and energizing laughter.

YOU, the care giver are our focus. Our vision is to be a haven, a resource for new information, options, and appropriate humor to renew hope and energy as you join others on this journey.

Please note these important monthly schedule changes. The first Tuesday (April 4th) from 7 to 8 p.m. and the third Tuesday (April 18th) from 2 to 3 p.m. All Saints Presbyterian Church, 7808 Rialto Blvd, Austin, 78735.

Please share our invitation with friends who may be interested. If you would like more information, please contact your fellow Circle C resident, Lise Rollert, 214.679.6939, or architectrdw@gmail.com

WHERE KIDS BECOME A COMMUNITY

YMCA of Austin Camps offer children & teens safe, exciting, and memory-making experiences. At the Y, campers gain a sense of accomplishment, build relationships, and find their sense of belonging.

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- 5 days a week
- Financial assistance is available



Spaces Are Limited!
Register at AustinYMCA.org/camp
or call Program Services at 512.236.9622

Eating Right Isn't Complicated

by Sharon Denny, MS, RDN

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.

Make Your Calories Count

Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes.

Vary your protein choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the Nutrition Facts panel on food labels for total fat and saturated fat.



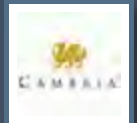
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ASSASSIN & AMBUSH BUGS



Assassin and Ambush bugs are predators and are considered beneficial insects. They are generalists that attack a variety of caterpillars, flies, and other bugs. These predators either stalk their prey or wait to ambush prey when they come to a plant. Prey is stabbed with tube-like mouthparts, paralyzed with a toxin, and body fluids sucked up.

Assassin and ambush bugs have 3 segmented piercing-sucking mouthparts. These bugs come in a variety of colors with assassin bugs usually being darker in color than ambush bugs. Assassin bugs also have a more elongated head compared to ambush bugs. Ambush bugs have thickened front legs used to capture and hold prey. Immatures, or nymphs, look similar to the adults but do not have fully developed wings. Eggs are usually deposited in masses

TEXAS A&M AGRI LIFE

and are cylindrical in shape.

While most assassin bugs are beneficial, the kissing bug or cone-nose bug is considered a pest. Kissing bugs feed on blood of mammals, including humans.

For assassin bugs that are feeding on insects, control is not required. For more information on kissing bugs see this site <https://kissingbug.tamu.edu/>

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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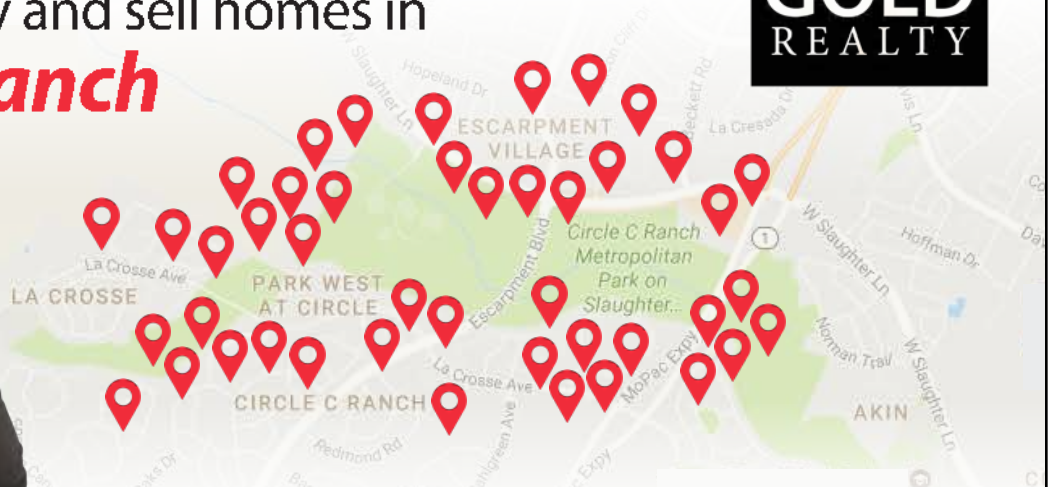
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