

VOLUME 14, NUMBER 9

SEPTEMBER 2017

CIRCLE C

Community Newsletter

OFFICIAL NEWSLETTER OF THE CIRCLE C RANCH HOA



School's Back & Summer Travel is Behind You, Now's the Perfect Time to Sell



SOLD IN 1 DAY

YTD, 4 Days on Market, 100% List Price to Sales Price
Based on 2017 ABOR Data YTD 7/2017 (Homes Priced <\$500K)
*Not intended to solicit homes currently for sale in the MLS.

Ashley sells more homes, above list price, in less than half the time of other area agents.



SOLD IN 5 DAYS



SOLD IN 4 DAYS



SOLD IN 6 DAYS

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Austin Business Journal Top 5 Producing Agent 2014 - 2016
Texas Monthly Five Star Agent 2013 - 2016
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AIOREP Top 10 Agent for Client Satisfaction 2015 - 2016



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CCHOA NUMBERS

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

Newsletter Publisher

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

Circle C Amenities

Circle C Aventura 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 Golf Course (*City Owned/Operated*)..... 512-288-4297
Grey Rock Tennis Club 512-301-8685
Circle C Grey Rock Pool 512-291-8398

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 Ramirez-Boldo, 866-476-2573
Avana Estates
Real Manage..... Mary Arnold, 866-476-2573

BOARD OF DIRECTORS

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Contact the Board at.....directors@circlecranch.info

IMPORTANT NUMBERS

City of Austin Solid Waste512-974-1945
Dead Animal Collection.....512-974-2000
Abandoned Vehicle.....512-974-8119
Pothole Complaints.....512-974-8750
Stop Signs512-457-4885
Street Light Maintenance 311
Schools
Clayton Elementary512-841-9200
Kiker Elementary512-414-2584
Mills Elementary512-841-2400
Cowan Elementary512-841-2700
Bailey Middle.....512-414-4990
Gorzycki Middle School.....512-841-8600
Bowie High School512-414-5247

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 AND WHAT'S HAPPENING



Important Dates

Monday September 4th
CCHOA Office Closed For Labor Day

Monday September 4th
City of Austin Bulk Pick Up Begins

Monday September 4th
Pools Open, Last Day Open for AV, CC & GR Pools

Friday September 8th
Food Trailer Night

Tuesday September 26th
CCHOA Board Meeting

HOA Assessment Fees Are Now Late

The second HOA assessment fee of this year was due in August. If you have not yet paid your second 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 to receive another one.

Terri Giles, Financial Manager

Phone: 512-451-9901

E-Mail: tgiles@mgilescpa.com

You can pay your assessment by one of the following options:

- Mail your check to PO Box 163541, Austin, Texas 78716. Please do NOT postdate your check nor staple your invoice directly to your check but do include it in the envelope.
- Make your payment using Bill Pay through your financial institution
- Use the "Online Payment" Option through the Circle C HOA website. If you are making your payment through the website please remember to list your property address 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.

City of Austin Bulk Pick Up

The City will begin conducting bulk trash pickup in the neighborhood starting Monday September 4th. Please visit the City's website to view items that are and aren't acceptable for this collection; <http://www.austintexas.gov/departments/residential-bulk-collection>. Items should not be placed at the curb prior to Friday September 1st.



Planning Home Improvements?

The Declaration of Covenants, Conditions and Restrictions of the Circle C Homeowners Association state that all improvements to all single family homes and lots must be approved by the Architectural Control Committee prior to construction. The Architectural Control Committee is appointed by the CCHOA Board of Directors.

This committee has 30 days to review submitted projects so please keep this in mind when you are planning your home improvements.

You can find guidelines for commonly proposed projects at our website, circelcranch.info and click on the ACC tab. From here you can also view the ACC FAQs and submit a project for review.

Scoop The Poop!



We continue to receive reports of residents that are not picking up after their dogs. We also receive complaints that although the poop is scooped, the bags are then deposited in

(Continued on Page 5)

(Continued from Page 4)

our common area landscaping. Please do your part as a responsible pet owner and also as a Circle C resident by picking up after your dog and depositing the waste bag into a proper trash container. It is not only the responsible thing to do but also the sanitary thing to do.

Newsletter Cover Photo Submissions & Requirements

This year the HOA has received many great newsletter cover photo submissions from some very talented residents. We wanted to give all our photographers out there a better idea of what kind of photo is eligible for the newsletter cover.

To start, potential cover photos should be emailed to sarah@circlecranch.info for review. The chosen cover photo is due to the publisher on the 8th of the month prior to the next issue but due to time sensitivity the HOA typically has a photo in mind well before the deadline so the sooner photos are submitted the better!

Throughout the seasons we have many opportunities to display a "themed" cover photo, but we often receive those kinds of photos after the due date or even the season has passed. If you are interested in submitting a "themed" photo please keep the due date in mind. Possible themes include the four seasons and the holidays.

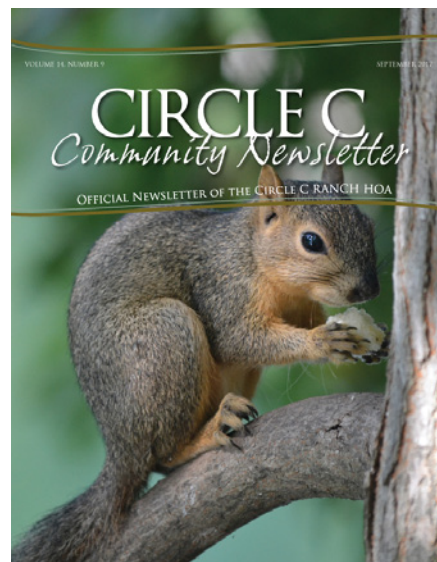
Peel Inc. Publishing provides Circle C their monthly newsletter and these are their specific requirements for a cover photo that must be adhered to:

- The cover is always a vertical "portrait" oriented page, size 8.5 by 11.

- Peel prints with bleeds and trim downs so the photo needs to be at least 8.75 wide by 11.25 tall.

- The preferred photo quality is 300 dpi, however if the photo is greater than the size noted, but lower in dpi the photo can be tested but a positive fit is not guaranteed.

- The publisher also has to work around the masthead banner of the newsletter which is always located near the top of the cover page. If the main focus of the photo is too high, the banner could potentially cut it off.



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Aquatics News

Pool Hours

PRESENT – OCTOBER 15TH

Swim Center

5919 La Crosse Avenue
512-288-6057

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

Community Center

7817 La Crosse Avenue
512-301-8259

Saturday & Sunday

12:00pm-6:00pm

Avaña

6610 Trissino Drive
512-292-1518

Saturday & Sunday

12:00pm-6:00pm

GreyRock

12500 Archeletta Boulevard
512-291-8398

Saturday & Sunday

12:00pm-6:00pm

SPECIAL LABOR DAY HOURS

Monday September 4th

Swim Center

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

Community Center, Avaña &

GreyRock Pools

12:00pm-6:00pm

ATTENTION RESIDENTS

Labor Day is the last day the Community Center, Avaña, and GreyRock pools will be open for the season.



Masters Swimming Program

Swim as the sun comes up with the Masters program! We offer a 6:00am class, 3 days a week and an 8:00am class, 2 days a week. Coach Erin will get your heart pumping and energized for the day. Come by and get 2 free practices before you join!



Private Lessons

Private lessons, in the fall? Yes! Circle C offers private lessons year round for all swimming abilities. We have morning and afternoon slots available. Have a swimmer who needs to work on dives or do you need some help with some stroke technique? Sign up for private lessons today!

CONTACT US

For more information about programs offered with Circle C Aquatics, email Amanda at coordinator@ccswim.net.



The BIGGEST little shirt shack in Austin.

Four rectangular blocks of screen printing ink are arranged in a fan-like pattern. The top block is blue, the bottom-left is red, the bottom-center is yellow, and the bottom-right is green. They have a thick, textured appearance.

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WILDFLOWER NOTES

Submitted by Amy McCullough, Lady Bird Johnson Wildflower Center

Here's what's likely to be blooming, fruiting or setting seed in Central Texas this time of year. Look for these native plants around town, at the Wildflower Center and perhaps in your own backyard!



Lindheimer's Senna (*Senna lindheimeriana*)

As beautiful as those yellow petals are, Lindheimer's senna may be best known for its fuzzy leaves, which earned it the alternate common names "velvetleaf senna" and "puppy-dog ears." Give 'em a feel next time you're passing some dry, rocky Texas terrain — the senna's landscape of choice. *Senna lindheimeriana*'s long, thin seed pods are a strong contender for awesomest plant part as well. Interested in seed collecting? Grab some of their brown, dried hulls in late summer and learn more at wildflower.org/learn/how-to.

Prairie False Foxglove (*Agalinis heterophylla*)

If foxes wore gloves, you can bet your buttons they'd be clad in these adorable pink mitts. But *Agalinis heterophylla* isn't a true foxglove; rather, it's a member of the same family: Scrophulariaceae (also known as the figwort family). Like other plants in Scrophulariaceae, the delicate-looking corollas of prairie false foxglove have fine hairs covering them, giving flowers a soft, Vaseline-on-the-lens appearance. Another common feature is tubular corollas, which make an excellent stop-off for pollinators. This tough native Texan prefers partial shade (who doesn't this time of year?) and can flourish in prairies, grasslands, rocky soils, open woodlands and even fallow fields.

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



MOVIES IN THE WILD: MONARCHS

Save the date for this special night in October when Alamo Drafthouse Cinema and the Wildflower Center will come together to transform the Family Garden into a theater. Spread your blanket on the Play Lawn and enjoy "The Flight of the Butterflies," a film about the great journey of migrating monarchs. Friday, October 6; film begins at 7:30 p.m.; \$12 per person, \$6 for members

SquiresTeam.com

KELLER WILLIAMS
REALTY

Hey everyone, the football schedule was not glossy last month, so here it is again. Hopefully it will be easier to read for the season. Bowie High School is also included! Thank you very much. John Squires

UNIVERSITY OF TEXAS

Sept 2 Maryland
Sept 9 San Jose State
Sept 16 @ USC
Sept 23 BYE
Sept 28 @ Iowa State
Oct 7 Kansas State
Oct 14 Oklahoma
(Cotton Bowl)
Oct 21 Oklahoma State
Oct 28 @ Baylor
Nov 4 @ TCU
Nov 11 Kansas
Nov 18 @ West Virginia
Nov 24 Texas Tech

TEXAS TECH

Sept 2 Eastern Washington
Sept 9 BYE
Sept 16 Arizona State
Sept 23 @ Houston
Sept 28 Oklahoma State
Oct 7 @ Kansas
Oct 14 @ West Virginia
Oct 21 Iowa State
Oct 28 @ Oklahoma
Nov 4 Kansas State
Nov 11 @ Baylor
Nov 18 TCU
Nov 24 @ Texas

BAYLOR

Sept 2 Liberty
Sept 9 UTSA
Sept 16 @ Duke
Sept 23 Oklahoma
Sept 28 @ Kansas State
Oct 7 BYE
Oct 14 @ Oklahoma State
Oct 21 West Virginia
Oct 28 Texas
Nov 4 @ Kansas
Nov 11 Texas Tech
Nov 18 Iowa State
Nov 24 @ TCU

IOWA STATE

Sept 2 Northern Iowa
Sept 9 Iowa
Sept 16 @ Akron
Sept 23 BYE
Sept 28 Texas
Oct 7 @ Oklahoma
Oct 14 Kansas
Oct 21 @ Texas Tech
Oct 28 TCU
Nov 4 @ West Virginia
Nov 11 Oklahoma
Nov 18 @ Baylor
Nov 25 @ Kansas State

KANSAS

Sept 2 Southeast Missouri
Sept 9 Central Michigan
Sept 16 @ Ohio
Sept 23 West Virginia
Sept 28 BYE
Oct 7 Texas Tech
Oct 14 @ Iowa State
Oct 21 @ TCU
Oct 28 Kansas State
Nov 4 Baylor
Nov 11 @ Texas
Nov 18 Oklahoma
Nov 25 @ Oklahoma State

KANSAS STATE

Sept 2 Central Arkansas
Sept 9 Charlotte
Sept 16 @ Vanderbilt
Sept 23 BYE
Sept 28 Baylor
Oct 7 @ Texas
Oct 14 TCU
Oct 21 Oklahoma
Oct 28 @ Kansas
Nov 4 @ Texas Tech
Nov 11 West Virginia
Nov 18 @ Oklahoma State
Nov 25 Iowa State

OKLAHOMA

Sept 2 UTEP
Sept 9 @ Ohio State
Sept 16 Tulane
Sept 23 @ Baylor
Sept 28 BYE
Oct 7 Iowa State
Oct 14 Texas
Oct 21 @ Kansas State
Oct 28 Texas Tech
Nov 4 @ Oklahoma
Nov 11 TCU
Nov 18 @ Kansas
Nov 25 West Virginia

OKLAHOMA STATE

Sept 2 Tulsa
Sept 9 @ South Alabama
Sept 16 @ Pittsburgh
Sept 23 TCU
Sept 28 @ Texas Tech
Oct 7 BYE
Oct 14 Baylor
Oct 21 @ Texas
Oct 28 @ West Virginia
Nov 4 Oklahoma
Nov 11 @ Iowa State
Nov 18 Kansas State
Nov 25 Kansas

TCU

Sept 2 Jackson State
Sept 9 @ Arkansas
Sept 16 SMU
Sept 23 @ Oklahoma State
Sept 28 BYE
Oct 7 West Virginia
Oct 14 @ Kansas State
Oct 21 Kansas
Oct 28 @ Iowa State
Nov 4 Texas
Nov 11 @ Oklahoma
Nov 18 @ Texas Tech
Nov 24 Baylor

WEST VIRGINIA

Sept 2 Virginia Tech
Sept 9 East Carolina
Sept 16 Delaware State
Sept 23 @ Kansas
Sept 28 BYE
Oct 7 @ TCU
Oct 14 Texas Tech
Oct 21 @ Baylor
Oct 28 Oklahoma State
Nov 4 Iowa State
Nov 11 @ Kansas State
Nov 18 Texas
Nov 25 @ Oklahoma

TEXAS A&M

Sept 3 @ UCLA
Sept 9 Nicholls State
Sept 16 UL Lafayette
Sept 23 @ Arkansas
Sept 28 South Carolina
Oct 7 Alabama
Oct 14 @ Florida
Oct 21 BYE
Oct 28 Mississippi State
Nov 4 Auburn
Nov 11 New Mexico
Nov 18 @ Ole Miss
Nov 24 @ LSU

BOWIE HIGH SCHOOL

Aug 31 @ Pflugerville
Sept 7 LBJ Austin
Sept 15 Vista Ridge
Sept 22 @ Westlake
Sept 29 Cooper
Oct 13 @ Del Valle
Oct 19 Manor
Oct 27 @ Anderson
Nov 3 @ Akins
Nov 9 San Marcos

HOUSTON TEXANS

Sept 10 Jacksonville Jaguars
Sept 14 @ Cincinnati Bengals
Sept 24 @ New England Patriots
Oct 1 Tennessee Titans
Oct 8 Kansas City Chiefs
Oct 15 Cleveland Browns
Oct 22 BYE
Oct 29 @ Seattle Seahawks
Nov 5 Indianapolis Colts
Nov 12 @ Los Angeles Rams
Nov 19 Arizona Cardinals
Nov 27 @ Baltimore Ravens
Dec 3 @ Tennessee Titans
Dec 10 San Francisco 49ers
Dec 17 @ Jacksonville Jaguars
Dec 25 Pittsburgh Steelers
Dec 31 @ Indianapolis Colts

DALLAS COWBOYS

Sept 10 New York Giants
Sept 14 @ Denver Broncos
Sept 24 @ Arizona Cardinals
Oct 1 Los Angeles Rams
Oct 8 Green Bay Packers
Oct 15 BYE
Oct 22 @ San Francisco 49ers
Oct 29 @ Washington Redskins
Nov 5 Kansas City Chiefs
Nov 12 @ Atlanta Falcons
Nov 19 Philadelphia Eagles
Nov 27 Los Angeles Chargers
Dec 3 Washington Redskins
Dec 10 @ New York Giants
Dec 17 @ Oakland Raiders
Dec 25 Seattle Seahawks
Dec 31 @ Philadelphia Eagles

MONDAY NIGHT FOOTBALL

Sept 11 Saints @ Vikings
Sept 18 Chargers @ Broncos
Sept 25 Lions @ Giants
Oct 2 Cowboys @ Cardinals
Oct 9 Redskins @ Chiefs
Oct 16 Vikings @ Bears
Oct 23 Colts @ Titans
Oct 30 Redskins @ Eagles
Nov 6 Broncos @ Chiefs
Nov 13 Lions @ Packers
Nov 20 Dolphins @ Panthers
Nov 27 Falcons @ Seahawks
Dec 4 Texans @ Ravens
Dec 11 Steelers @ Bengals
Dec 18 Patriots @ Dolphins
Dec 25 Falcons @ Buccaneers
Raiders @ Eagles

SOLD

Call John Squires @
(512) 970-1970

Please call me for all of your Austin Real Estate needs!

CircleCRanchExpert.com | SquiresTeam.com

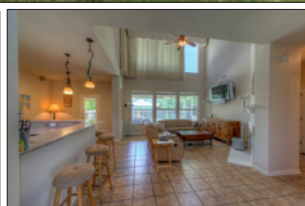
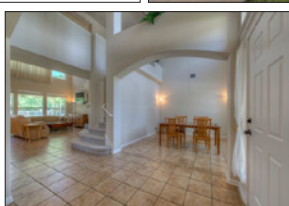
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KW KELLERWILLIAMS.
REALTY

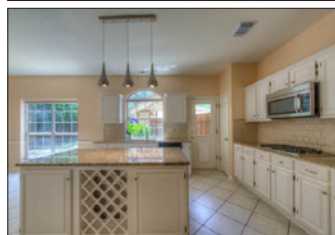
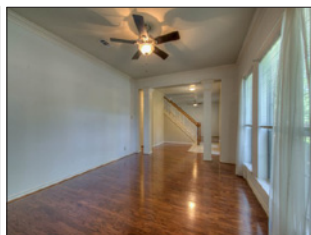
11824 Via Grande -
“JUST SOLD” Beautiful
 Pale Indian brick 1-story
 Offered at **\$439,000**. Sold
 in 2 weeks through open
 house. Cul-de-sac!



John's “sell” phone
 is **(512) 970-1970**



9301 Bavaria Lane-**“CONTRACT PENDING”** Beautiful, open and airy best describe this Capitol Pacific home in Park Place. At 3010+/- sq. ft., it was listed **\$450,000**. and went under contract within 1 week after it was viewed through John's open house. Corner lot, vaulted ceilings, large bedrooms and a quick drive into town. Just a quick walk to Alamo Drafthouse and restaurants!



6501 Needham Lane **“JUST LISTED”** Beautiful Newmark home within walking distance to Kiker and the pool. 4/5 bedroom, 2.5 baths with an open plan. Upgraded kitchen with granite and new stainless ovens/appliances looking over the big family room. Offered at **\$420,000**.

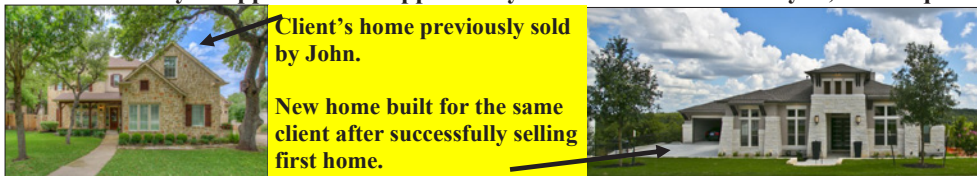
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(512) 970-1970

Open Apology to Circle C Ranch

To all Circle C Ranch residents, I want to openly apologize for any misinterpretation of my newsletter article last month showcasing two properties we have sold for our clients. The ad was supposed to support a program we employ to sell our client's first home at a reduced commission to garner a higher monetary net amount for our clients at closing. We then either purchase a resale property or build a new home for the same client, usually in a fluid transfer to the next home. Basically, it just puts more money in our client's bank accounts to buy their next house. I sold my client's first house last year and built a brand new CalAtlantic home for them in the Estates of Avana over a one year period. The "before" and "after" verbiage I used illustrating the process was a misjudgment in my marketing efforts and I deeply apologize to anyone that may have been offended as I certainly meant no disparagement towards any property. I watched my client's previous home on Doswell Lane be built in 2004 by Streetman Homes from the ground up as a semi-custom home backing to greenbelt. Purportedly, according to Streetman, it was the highest-valued home ever built in Circle C as a new home build at the time. The home is even more stunning today and we sold it last year within a week to a wonderful family. My clients just closed on *their* new home on Bernia Drive this July. I want to thank those that spoke out, because I am always trying to better my business and constructive criticism is always welcome. Should anyone have any concern with my marketing or business practices, please feel free to contact me directly at any time on my direct cell phone line at **(512) 970-1970** or you may contact my broker, Keller Williams Realty, at (512) 448-4111 and ask for Linda Ramsey. I appreciate the opportunity to clear the air. Thank you, John Squires



Client's home previously sold by John.

New home built for the same client after successfully selling first home.

#1 Agent in Circle C with approximately 520+/- homes "SOLD" to date in Circle C Ranch alone.
Over 1020+ homes sold in the Austin area.
#1 Keller Williams agent sellers and buyers served in Southwest Austin.
"Top 50" agent in central Texas 8 times according to Austin Business Journal.
Austin resident since 1963. Circle C home owner.
Only 1 number to call and he answers his phone. You will never be handed off to an assistant, as John takes *all* his own calls directly on his 'sell' phone at (512) 970-1970.

Below are homes in Circle C Ranch recently marketed and sold by John Squires.



11100 Pairnoy Lane "SOLD"
 Gorgeous Streetman home, highly upgraded sandstone with wood floors and big, private corner lot with trees. Listed at **\$583,500**. Views for miles!



7108 Doswell Lane "SOLD" Stunning chopped stone manor w/5 bedrooms, 4 full baths and loaded with wood flooring. Private lot backing to greenbelt, porte-cochere, 3-car detached. Listed at **\$629,000**.



11200 Cusseta Lane "SOLD" Beautiful D.R. Horton, 5 bed, 4.5 bath home with pool and hot tub. Mixed Tuscan stone/brick with wood floors, 3-car garage. Listed at **\$549,000**.



11310 Bastogne Loop "SOLD" this home is a knockout with Brazilian Cherry hardwood floors, level 4 granite, stainless and is on a large corner lot. Also gated subdivision. Listed at **\$449,000**.



7728 Haggans Lane- LISTED 5 large bedrooms, 3.5 baths w/master down. HUGE master and secondary bedrooms with big closets, game room and views of greenbelt! Gated Golf Course Estates, double cul-de-sac within a 5 minute walk to Clayton Elementary and HOA pool! Offered at **\$570,000**.



9306 Colberg Lane "COMING SOON!" Precious 1-story Streetman home on private lot. Wood floors, granite, stainless. 4 bedrooms, 2 full baths. family room/fireplace. **No price yet!**

MONARCHS & OE

TEXAS A&M AGRI LIFE EXTENSION

The protozoan parasite *Ophryocystis elektroscirrha* (OE) infects monarch and queen butterflies. It is an obligate parasite and requires a host to live within and to grow and multiply. It was first discovered in the 1960's infecting monarchs in Florida. Since then, it's been found in monarch populations across the world. It is thought that the parasite has co-evolved with monarchs.

There are three major populations of monarchs in the United States- one east of the Rocky Mountains that winters in Central Mexico and migrate north into the US and Canada; another west of the Rocky mountains that overwinters on the coast of California; the third population are non-migratory and can breed year round in areas such as Florida, Texas and Hawaii. All three populations are infected with OE.

Monarchs infected with OE will have spores wedged between the scales on their body, with the greatest concentration usually occurring on the

abdomen. The spores are very small and require a microscope to see.

Female monarchs pass OE spores onto their offspring when they lay eggs. When caterpillars emerge from the egg, they eat the egg shell ingesting the spores. When spores reach the midgut of the insect, they break open and release protozoan parasites.

The protozoans move through the gut lining to the epidermis where they reproduce asexually (divides multiple times increasing the number of protozoans). In the butterfly chrysalis stage, the protozoans go through sexual reproduction (again increasing the number of protozoans). Spores form so the emerging butterfly is covered in spores. Spores can also be scattered onto milkweed from butterflies laying eggs or feeding on nectar. Spores on the milkweed can be consumed by caterpillars as they eat foliage.

Once butterflies are infected, they do not recover. OE does not grow or reproduce on the adults; spores remain dormant until they are ingested by a caterpillar.

(Continued on Page 13)



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(Continued from Page 12)

Infected pupae have dark blotches 2-3 days before emergence. Adults that are heavily infected often have problems emerging from the chrysalis and some may die before emerging. Others that do emerge may fall to the ground before their wings are expanded leading to them dying quickly. Many infected monarchs look healthy, so the only way to determine infection is by looking for spores.

What can you do? Check monarchs for spores and destroy any you find that are infected. I know this seems harsh, but infected monarchs further spread the protozoa and kill more butterflies in later generations. Cut down milkweed several times per year to get rid of any possible spores that may be on the plants and to encourage new, healthy growth.

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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Tick tock, get your shot

DOCTORS SAY GET YOUR FLU SHOTS EARLY FOR MAXIMUM PROTECTION

When it comes to addressing health concerns, sooner rather than later is best. With flu season just around the corner, early vaccination is key to protecting you and your family against the nasty flu virus.

"The flu vaccine is one of our best lines of defense against the flu virus," said Cesar Gerez Martinez, MD, a primary care doctor at Seton Family of Doctors plus Express Care. "Get the shot early, before the virus begins spreading in your community."

Seton is part of Ascension, the largest nonprofit health system in the U.S. and the world's largest Catholic health system.

PROTECT AND PREVENT

The flu virus changes from year to year, so does the composition of the vaccine. The Centers for Disease Control Prevention conducts studies each year to determine the most effective vaccine for the season.

The annual needle stick may not be comfortable, but it offers protection for about six months.

"The flu vaccine helps the body create antibodies that provide protection against infection," Gerez Martinez said. "Getting the shot will not only protect you, but others around you throughout the flu season."

Gerez Martinez says age, illness or other risk factors may prevent some people from getting vaccinated, so they rely on herd immunity to help keep them protected. When a large population, or "herd," is vaccinated, the possibility of spreading preventable diseases decreases. This creates an extra layer of protection for those who are too young or too sick to be vaccinated.

Risks associated with the flu vaccine are very low. You can't get the flu from the shot. The most common side effects include redness, mild swelling, or soreness at location of shot. In some cases, people may experience low-grade fever, mild rash, headache and body ache, Gerez Martinez said.

Getting the flu shot doesn't always mean you won't get sick, but the immunities already built up from the vaccine can help you weather the illness with more ease.

"If you get sick even after being vaccinated, the symptoms are typically milder," Gerez Martinez said.

SOONER RATHER THAN LATER

The flu virus is active all year, and due to factors such as climate shift and being cooped up indoors more often, the number of infections peaks December through February. Some outbreaks can last into the spring.

Gerez Martinez says get your shot by the end of October, since maximum protection takes time.

"Full response to the vaccine takes about two weeks, but you get some protection soon after it's administered," Gerez Martinez said.

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News You Can Use

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If you get to December and getting the flu shot is still on your to-do list, or even if you've already had the flu, go ahead and get the stick.

"We still recommend vaccination later in the season and even after having the flu because it will lower your risk of getting sick from other strains," Gerez Martinez said.

The CDC recommends that most anyone aged six months and older can get a flu shot. Talk to your doctor if you have concerns about the flu vaccine.

TIPS TO REDUCE THE SPREAD OF FLU

Gerez Martinez emphasizes that getting immunized is key to protecting you and your loved ones against the flu. For additional prevention measures, use these tips to avoid spreading germs:

- Wash your hands and hard surfaces often.
- Don't share food or drinks.
- Stay home if you're sick.

Cesar Gerez Martinez, MD, is at Seton Family of Doctors Plus Express Care, now in your neighborhood 5301-B Davis Lane, Austin TX 78749, at the southwest corner of Mopac and Davis Lane.



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RECIPE OF THE MONTH

Who doesn't love a quick and easy dessert that is kid friendly and delicious. I love to try and cook with the seasons it's a new thing that I'm trying for my family to help keep us healthy and exploring new fruits and vegetables. I couldn't pass up this recipe I found by James Martin on BBC goodfood.com. Prep time takes 10 minutes and the cook time only takes 35 minutes. Here is a list of ingredients you will need.

700g (or 4 large) ripe pear
peeled and cubed
100g golden granulated sugar
250g blackberry
200g plain flour
100g unsalted butter, cold, cut into small pieces
85g shelled pistachio, roughly chopped
100g demerara sugar
ice cream, to serve (optional)

Heat oven to 190C/fan 170C/gas 5. Place the pears in a medium-size pan, add the granulated sugar and cook on a medium heat until the fruit starts to soften and releases its juices, about 10 mins. Add the blackberries and bring back to the boil, then remove from the heat. Spoon the fruity mixture into 4 individual ovenproof ramekins, or 1 large baking dish.

Place the flour, butter and a pinch of salt in a large bowl and rub together with your fingers until the mixture resembles coarse breadcrumbs. Add the pistachios and demerara sugar, then stir to combine.

Sprinkle crumble evenly over the cooked fruit. This can be done up to 1 day ahead, or frozen for up to 1 month. Bake for 20-25 mins if small, 40 mins if large, until golden. If baking from frozen, add 15 mins cooking time. Remove from the oven, cool slightly, then serve with ice cream, if you like.

Follow these simple directions, oh don't forget to do your conversions since this beautiful recipe was found across the pond. A simple tap to Siri or a Google search will get you all set with the correct weights and degrees to make the sweet treat.



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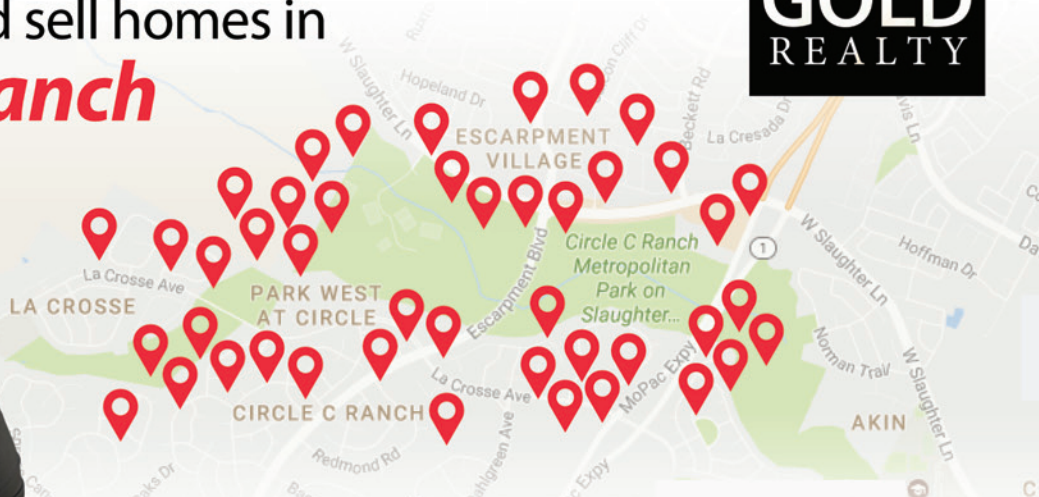
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