

Courtyard Homeowners Association, Inc.

October 2005

Volume 4, Number 4

Greetings Courtyard Homeowners Association Members

This is our 3rd newsletter issue using Peel, Inc. Publishing. We hope you all are enjoying the monthly content.

This month we would like to recognize our new community volunteers. Randy Pepper, 5304 Scout Island Circle S., a new member of the Board of Directors; Ed Ueckert, 5406 Scout Island Circle N., chairman of our landscape committee; Steve Conway, 5800 Courtyard Dr # 7, landscape committee; Carol Conway, communications and newsletter committee.

We want to extend a big thank you to each of the volunteers for offering their time and energy. It is important that association members continue to volunteer and participate in decisions about the community common area appearance and the function of our Association.

Please let us hear from you, we need your help and suggestions. We encourage all members to attend our monthly Board meetings. The meetings are held at the Courtyard Tennis Club on the 3rd Tuesday of each month 6:30 PM. Cool drinks are served and it is very casual and member friendly.

If you have any concerns or questions please contact any board member or the management co. All the numbers are listed inside the newsletter

Thank You, Frank Apgar President.



New Courtyard Residents Please welcome your new neighbors and be sure to add their names

Please welcome your new neighbors and be sure to add their names to your directory.

NAME ADDRESS PHONE #
Backstrom, Al & Marian 5707 Jamboree Court
Costello, Betty C. 5620 Parade Ridge
Cozart, Gary & Lynn 5006 Parade Ridge

Dahmann, Greg & Dana 473-3578/349-2344 5607 Courtyard Dr

Fielding, Timothy 5918 Parade Ridge
Foise III, Parker C. 5508 Courtyard Drive
Lavintman, Enrique Issac 5731 Scout Island Circle N

Lee, Rebecca 5618 Scout Island Circle N 346-4220

Lewis, Chris 5503 Courtyard Drive

& Cameron Ambruster 506-7774/789-4421

Morehead, Charles & Marcia 5914 Intercouncil Cove Morris, John 2404 Scout Island Circle N Reynolds, Catherine 5701 Jamboree Court

Sharma, Sanjay & Riatu 617-7500/340-9252

5402 Scour Island Circle N

Schipper, Stephen 723-9073/296-3326

5622 Parade Ridge

Watts, Julian & Rachel 5404 Scout Island Circle N

Neighborhood A-l-e-r-t

Our community security contact has forwarded to the CHO an alert concerning car break-ins. Other neighborhoods have seen a pattern to the burglaries. Remember it is important to keep your cars locked and electronic gadgets out of sight. If possible, the best place for the cars is inside your locked garage

View the Courtyard Homeowners Association Newsletter each month online at www.PEELinc.com

CHA Board of Directors

Frank Apgar	President
Bill Meredith	Vice President
TBA	Secretary
Mansoor Ghori	Treasurer
Michael Castanon	Member-at-Large
Bob Nahabit	Member-at-Large
Betty Marshall	Member-at-Large
Rusty Pepper	
Committees	
Environmental Control	
Diana Apgar	415-9412
Bull Creek	
Bill Meredith	345-0593
Welcome	
Alys Honey	346-7791
Social	
Michael Castanon	231-9789
Landscape & Decorating	
TBA	
Security	
Richard Brown	345-0276
Communications	
Betty Marshall	343-8299
Managed by:	
Marilyn Childress	
Goodwin Management	
11149 Research Blvd.	
Austin, TX 78759-5227	
502-7509	

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Courtyard Homeowners Book Club Expanding

On Oct 11th the Book Club will once again meet from 11:45 am - 1:00 pm at the Courtyard Tennis Club for discussion and a casual luncheon of salad and liquid refreshment. The cost is \$6.00 for the luncheon. The book that has been chosen to review is, "The Notebook" by Nicholas Sparks. So far our meetings have been full of good conversation and have brought together people of like minds. Seemingly, we never out grow our need to read and in this case to share. Please reply by Oct 5th to Betty Marshall 343-8299.

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- Please support the businesses that advertise in the Courtyard •
- Neighborhood Association Newsletter. Their advertising dollars
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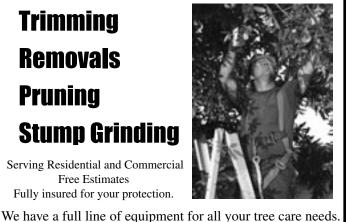
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COURTYARD CALLER

Gardening Tips for Fall Planting

Cherry Red Knockout Roses (Full Sun)

This is a new rose released in 2000 as a break though shrub rose. It is drought tolerant, resistant to black spot, powdery mildew, and aphids. The plant is always covered with an abundance of flowers. It blooms almost every month of the year until first frost. There are also selections in Pink and Blush. If you aren't ready to plant yet, wait for the Double Knockout Rose. It is a new introduction and will be released later this fall. This selection has double the petal count of Knockout and new growth is burgundy red. Plant roses in full sun for sturdy bushes and maximum bloom.

Evergreen Ferns (Shaded)

These ferns are evergreen all winter: Holly Fern, Autumn Fern, Leatherleaf Fern, and Clumping Wood Fern. All are great for shady areas. The new growth of the Autumn Fern turns is bronzy gold color during the winter while the others stay very green. If their fronds aren't upright, give them more water.

Tips of the month

Fall is for planting! This is one of the best months of the year to plant shrubs and trees. Plants will get established before winter and roots continue to grow all winter. Now is the time to plant hardy fall and winter color; Pansies, Snapdragons, Alyssum, Delphinium, Johnny Jumpups, and many great perennials too.

Good Things are Happening!

Many displaced Americans left New Orleans with heavy hearts and an empty suitcase. Today some of those people have reached Austin and found that their hearts are lighter and with your donations, it will take a truck to move their new possessions.

The Courtyard residents responded to one of these citizens by bringing together their excess linens, towels, furniture, kitchen items, clothes, etc. and their good will. As soon as the word got out the goodies started coming!

Thank you to everyone that participated is simply not enough. However, the knowledge that we live in a community of such kindness is the best payoff one could have. Lets face it living in the Courtyard is even a better place then we realized.



Jockey Albert Adams won nine consecutive races over a three-day period at a Maryland track in 1930.

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Wortham Village

COURTYARD CALLER

The Federal Emergency Management Agency lists these organizations for those seeking to assist victims of Hurricane Katrina:

Donate cash

American Red Cross (800) HELP NOW (435-7669) English; (800) 257-7575 Spanish

Operation Blessing (800) 436-6348

America's Second Harvest (800) 344-8070

To donate cash or volunteer

Adventist Community Services (800) 381-7171

Catholic Charities, USA (703) 549-1390

Christian Disaster Response (941) 956-5183 or (941) 551-9554

Christian Reformed World Relief Committee (800) 848-5818

Church World Service (800) 297-1516

Convoy of Hope (417) 823-8998

Lutheran Disaster Response (800) 638-3522

Mennonite Disaster Service (717) 859-2210

Nazarene Disaster Response (888) 256-5886

Presbyterian Disaster Assistance (800) 872-3283

Salvation Army (800) SAL-ARMY (725-2769)

Southern Baptist Convention -- Disaster Relief (800) 462-8657, ext. 6133

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Search For 'Fountain Of Youth' Takes Time

Baylor College of Medicine

To grow old without looking or feeling old, start working on it while you're young.

According to Dr. Robert E. Roush, associate professor of medicine-geriatrics at Baylor College of Medicine (BCM) in Houston, all health professionals should be able to distinguish between normal aging and disease, and help patients follow preventative guidelines.

Some medical issues that occur with aging are part of normal age-related changes and others are major causes of mortality such as cardiovascular disease and cancer.

You cannot stop your hair from turning gray or a need for reading glasses, but you can stop age-related muscle loss by exercising or prevent heart disease with diet and other lifestyle changes, says Roush

One lifestyle change is staying out of the sun as much as possible, applying sunscreen with SPF of at least 15, wearing protective hats and clothing in the sun and avoiding tanning booths, said Roush.

Skin cancers can arise from sunburns you acquire as a younger person due to the sun's ultraviolet radiation. Also, sun-exposed skin gradually loses moisture and essential oils, making it appear dry, flaky and prematurely wrinkled.

Roush's tips for a healthier life include:

- Exercise at least three times a week.
- Eat a healthy, low-fat diet.
- Use sunscreen from an early age to prevent dry skin, wrinkles and skin cancer.
- Maintain a proper weight.
- Do not smoke tobacco.
- Consume alcohol in moderation (less than 2 oz. per day).
- Invest in a good mattress for a good night's sleep.
- · Have a wide circle of friends.
- Be adaptable; roll with the punches.
- Develop a positive outlook and zest for life.

The aging population should continue doing what they like, whether it be art, writing, working, playing music or being with family, says Roush, also director of the Texas Consortium of Geriatric Education Centers in the Huffington Center on Aging.



The average Web user is 33 years old, has a household income of \$59,000 and accesses the Web at least once a day.

FIT FACTS"

Teens, Fitness and You

With all the pressures today's teenagers have to deal with, it's no wonder so many are in trouble.

Statistics show that teen suicide and teen pregnancy are on the rise, as is the firearm-homicide rate for teens. Smoking among teens is in vogue, and two-thirds of eighth-graders report that they have tried alcohol. And only about 38 percent of them get enough exercise - which means the other 62 percent are setting themselves up for a sedentary life and all the problems that come with it.

Now's the time to change these statistics. Research has shown that kids who play sports, or who are physically active, are less likely to have these problems. But getting kids to exercise is no easy task unless you're willing to spend time with them and learn to speak their language.

Quality time, quality talk

It's impossible to have good relationships with teenagers if you don't spend time with them. Don't expect teens to automatically think you're cool and trustworthy - you'll have to prove it.

Accept them for who they are and show them that you are genuinely concerned about them. Look past the way they dress or wear their hair, and learn to understand their language so you can relate to what they have to say.

A person who is a good listener has a good chance of developing relationships with teens, since most of them would rather talk than listen. Whatever it takes, learn to listen to teenagers, and offer your words of wisdom only when necessary. It's the only way to figure them out.

They're listening - What do you say?

The number-one thing you can do to help teens get active is to be a good role model. Live the life that you advocate; show them



that being active can be fun, and they will follow your example. Let them know that being physically active does not necessarily mean going to exercise classes or playing sports, although these are two great options.

Hiking and camping, body surfing and playing Frisbee or paddleball are activities the whole family can enjoy. And, since they're having so much fun, teens will hardly realize that what they're doing is actually good for them.

Teenagers can participate in just about any fitness activity, whether it be weight training, mountain biking or martial arts. Many gyms are lowering their age requirements and offering family memberships and discounts to reach the younger market. Organized sports also are an excellent means of improving socialization and developing discipline and teamwork skills.

Competing with the negative

It's not easy to get your message of good health and fitness across when you're competing with the lure of television and video games. That's why it's so important to appeal to a teenager's sense of fun and need for social interaction.

Whenever possible, include others, such as their friends, in your fitness activities. Encour-aging a teenager (or an adult, for that matter) to become more active can be discouraging, particularly when they seem to be tuning you out.

At some point, that encouragement may become counter-productive. Instead, continue to serve as a role model for an active lifestyle and perhaps they will one day follow your lead.

The most important thing you can do for today's youth is to help them value their lives. Being healthy and fit will put them in touch with their bodies, increase their self-esteem and help them to establish a desire to set personal goals.

Bottom line, however, is that in order to get anyone to exercise, teenager or not, it has to be fun. Teenagers aren't likely to do something just because they're told it's good for them. But with your support and encouragement, you can help put them on the path to better health that lasts a lifetime.



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Texas Events - October

- 1—LUCKENBACH: 35th Annual Ladies Chili Cook-Off www. luckenbachtexas.com 888/311-8990 1—MASON: Old Yeller Days Festival Includes a pup parade followed by pup contests: best trick, best dressed, Old Yeller look-alike and pup/owner look-alike. Includes games, pioneer activities/demonstrations, live music, pie contests and food booths. Benefits the Mason County Library. On the Square and Heritage Park. www. masontxcoc.com 325/347-5758
- 1—WIMBERLEY: Blessing of the Animals Bring a leashed or caged pet to be blessed, see a Trinity dove release, pet the llamas from the 4-H Club, adopt a cat or dog, have your face painted like a cat or dog, and sample dog-bone cookies. St. Mary's Catholic Church. 512/894-0105
- 1—WIMBERLEY: Market Day Includes more than 450 diverse vendors of antiques, arts & crafts, and more. FM 2325 at Lions Field. www. visitwimberley.com/marketdays 512/847-2201
- 1-2—AUSTIN: Texas Parks & Wildlife Expo Fish, shoot, mountain bike, rock climb and learn about the outdoors from 9 a.m. to 5 p.m. Texas Parks and Wildlife Department Headquarters. www.tpwd.state.tx.us/expo 512/389-4472 or 800/792-1112
- 1-2—BUDA: Fine Arts Festival Features artists from across Texas with works in medium of photography, pottery, oil, pastels, jewelry and mixed media. Hours are 10 a.m. to 5 p.m. Greenbelt in Downtown Buda. www.budachamber.com 512/295-2022 or 512/295-9999
- 1-2—GEORGETOWN: Fiddlin' Fest www.fiddlinfair.com 800/436-8696 1, 8, 15—ROUND ROCK: Fall Family Festival Bingo and Italian Dinner Night begins at 5 p.m. Oct. 1. Auction and German Dinner Night begins at 6 p.m. Oct. 8. Family Fest kids games, inflatables, ethnic foods, rides and more occurs from 10 a.m. to 5 p.m. Oct. 15. St. Barnabas Church, 1010 McNeil Road. 512/238-0245
- 1-Jan. 8—AUSTIN: The Face of Texas: Photographs by Michael O'Brien The Bob Bullock Texas State History Museum. www.thestoryoftexas.com 512/936-8746
- 2—JOHNSON CITY: Wild Game Dinner www.lbjcountry.com 830/868-5700 or 830/868-7684
- 6—ROUND ROCK: Main Street Artisan Stroll Talented artists, musicians and performers fill the sidewalks displaying their wares and entertaining strollers. Downtown Round Rock. www.mainstreetstroll.com 512/341-8788
- 6-8—JOHNSON CITY: EMS & JCVFD Annual Garage Sale www. lbjcountry.com 830/868-5700 or 830/868-7684
- 7-9—FREDERICKSBURG: Texas Mesquite Art Show More than 50 members of the Texas Mesquite Association bring their work to show and sell. Marktplatz. www.texasmesquiteassn.org 830/997-8515 or 866/839-3378
- 7-9—JOHNSON CITY: Pig Roast www.lbjcountry.com 830/868-7684 or 830/868-5700
- 7-10—AUSTIN: Giuseppe Verdi's Il Trovatore Austin Lyric Opera presents this sizzling drama of mysteries, spells and curses in the story of two brothers who battle over the mistaken identity of a baby. www.austinlyricopera.org 512/472-5992
- 8—GEORGETOWN: Market Day Features arts & crafts, antiques, collectibles and festive foods. Historic Downtown Georgetown. www. downtowngeorgetownassociation.org 512/868-8675
- 8—JOHNSON CITY: Farmers & Artisans (Market Day) www.lbjcountry.com 830/868-5700 or 830/868-7684
- 8—SAN MARCOS: Pet Fest Celebrates the role of animals in people's lives and promotes responsible pet ownership. Includes games and prizes, dog races, blessing of the pets and more. Banks of the San Marcos River. E-mail: cvb@sanmarcostexas.com 888/200-5620
- 8-9—AUSTIN: Fall Plant Sale & Gardening Festival Get expert advice and find a great selection. Lady Bird Johnson Wildflower Center. www.wildflower.

- org 512/292-4200
- 8-9—FREDERICKSBURG: Monarch Celebration at Wildseed Farms See tagging, releasing of monarch butterflies, speakers and book signing. Wildseed Seed Farms, Hwy. 290 E. www.wildseedfarms.com 830/990-8080
- 8, 22—KERRVILLE: Kerr County Market Days Original handcrafted items are offered for sale. Kerr County Courthouse, 700 Main St. www. kerrmarketdays.org 830/895-7962
- 13-16—AUSTIN: Day Out with Thomas Enter the world of Thomas & Friends. Austin Convention Center. www.hitentertainment.com/thomasandfriends 866/468-7630
- 14-15—FREDERICKSBURG: The Granite Gripper Considered Texas' oldest rock climbing competition open to sport, traditional and boulder routes. Hours are 8 a.m. to 4 p.m. Reservations required. Enchanted Rock State Natural Area. 512/267-2868 or 325/247-3903
- 14-16—FREDERICKSBURG: Trade Days More than 300 vendors sell antiques, collectibles, ranch furniture, crafts, jewelry and more. Hwy. 290 across from Wildseed Farms. www.fbgtradedays.com 830/990-4900 or 210/846-4094
- 15—AUSTIN: Farmers Market Pumpkin Festival 512/236-0074
- 15—HUTTO: Olde Tyme Days Enjoy shopping, an antique car show, Little Miss and Mister contest and lots of live music throughout the day. In the evening, East Street is blocked off for the Hutto Street Dance, featuring live music, food and family fun. www.hutto.org 512/759-4400
- $15 \hbox{\it —LUCKENBACH: Bruce Robison www.luckenbachtexas.com } 888/311-8990$
- 15—ROUND ROCK: Central Texas Coin Show Hours are 10 a.m. to 5 p.m. Williamson County Conference Center. 512/281-2819
- 15—ROUND ROCK: Outlaw Trail 100 Cycling Tour Riders select their own course from 20 to 100 miles and take a leisure ride across Williamson County. Old Settlers Park. www.outlawtrail100.com 512/218-5540
- 15-16—AUSTIN: Citywide Garage Sale This is an antiques, collectibles and vintage items flea market. Palmer Events Center. E-mail: info@cwgs.com www.cwgs.com 512/441-2828
- 15-16—AUSTIN: Texas Gourd Show Join gourd artisans from around the United States for crafting demonstrations. Palmer Events Center. www. texasgourdsociety.org 512/280-2390 or 979/357-2603
- 15-16—BANDERA: Annual Quilt Show Show features quilts of all types including antiques and quilted garments. Silver Sage Senior Center. E-mail: bandera@hctc.net www.banderacowboycapital.com 800/364-3833 15-16—CANYON LAKE: 10th Annual Moving Waters Powwow Features American Indian dancers, artists, food vendors, storytellers and musicians. American Indian Church Service is held Sunday. Community Resource and Recreation Center of Canyon Lake. www.rioraft.com 830/964-3613 or 830/964-2223
- 15-16—COMFORT: 19th Annual Comfort Village Antique Show Comfort Park. www.texasantiqueshows.com 830/995-3131 or 830/995-3670
- 15-16—NEW BRAUNFELS: Holy Family Community Health & Resource Fair Holy Family Church, 245 S. Hidalgo. E-mail: ramonchapajr@yahoo. com 210/365-5250
- 17—KERRVILLE: Canadian Brass Begins at 7:30 p.m. Kathleen C. Cailloux Theater, 910 Main St. www.kpas.org 830/896-5727
- 27—AUSTIN: Austin Film Festival More than 100 films are screened during this event. Includes a four-day Screenwriter's Conference that showcases the experience and expertise of internationally known writers, directors, producers, actors and studio executives. Driskill Hotel and other venues. www.austinfilmfestival.com 800/310-FEST or 512/478-4795
- $21, 23 AUSTIN: The \ Austin \ Symphony \ Or chestra \ Bass \ Concert \ Hall. \ www.$

(Continued on Page 7)

COURTYARD CALLER

Texas Events - (Continued from Page 6)

austinsymphony.org 888/462-3787 or 512/476-6064

22—FREDERICKSBURG: Food & Wine Fest Includes samplings, auction, games and entertainment. Hours are noon to 7 p.m. Marktplatz. www. fbgfoodandwinefest.com 830/997-8515 or 866/839-3378

22—LUCKENBACH: Harvest Classic & European Motorcycle Rally www. luckenbachtexas.com 888/311-8990

22-23—ROUND ROCK: A Sami Show This is an arts, crafts and home decor show. Dell Diamond. www.samishow.com 512/441-7133

26—UVALDE: Kiwanis Carnival Includes vendor booths, games, parade, prizes and more. Civic Center Parking Lot. 830/278-2016

27—CASTROVILLE: Dia de los Muertos Lecture by Dr. Ward Albro Begins at 7 p.m. Landmark Inn State Historic Site. 830/931-2133

27-Dec. 4—KERRVILLE: Texas Furniture Makers Show Features handcrafted furniture accessorized with fine quilts, hooked rugs and woodturnings. Kerr Arts & Cultural Center. www.kacckerrville.com 830/895-2911

28-30—AUSTIN: Texas Book Festival Event celebrates its 10th anniversary with a distinguished list of more than 100 authors. Features exhibitors, live music, food and a children's area. Texas State Capitol, Colorado and 11th Street. www.texasbookfestival.org 512/477-4055

28-30—KERRVILLE: Kerr County Fair Features a petting zoo, talent contest, chili cook-off, bull riding, carnival and midway, dance, vendors, children's activities, live entertainment and more. Hill Country Youth Exhibit Center, Hwy. 27 E. www.kerrcountyfair.com 830/257-6833

29—CANYON LAKE: Market Day Find arts, crafts, bargains, attic treasures, prize-winning barbecue and more. CRRC Recreation Center. www. crrcofcanyonlake.org 830/964-3003

29—CASTROVILLE: Pumpkin Festival The pumpkin patch is open from Oct. 16 to 31. Come and take pictures or buy a pumpkin. Festival includes arts & crafts, games, food booths, music and a silent auction. Medina Valley Methodist Church, 1108 Country Lane. 830/931-3533

29—KINGSLAND: Halloween Party For children only. Kingsland Community Center. 325/388-6211

29—UVALDE: Haunted Hay Ride Includes a haunted hayride for adults and children at Fort Inge. 830/278-2016

29-30—BANDERA: Ranch Heritage Weekend Includes trail rides; play-day events; Saturday night barn dance; vendors; ranch, cowboy and Southwest displays; and more. Hill Country State Natural Area. www.hcsnap.org 830/393-7037, 830/796-4413 or 800/364-3833

29-30—BOERNE: 13th Annual Key to the Hills Antique Show Kendall County Fairgrounds. www.boerne.org 830/249-8000

30—AUSTIN: Halloween Children's Concerts Paramount Theatre. www. austinsymphony.org 512/476-6064

31—SATTLER: Halloweenfest Provides a safe trick-or-treating environment for kids. Hours are 5 to 8 p.m. FM 2673. www.canyonlakechamber.com 830/964-2223

31—TAYLOR: Halloween Spooktacular Includes games, costume contest, free candy and photos. Murphy Park. www.taylorchamber.org 512/352-3463 or 512/532-3675

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