



TCW NEIGHBORHOOD NEWS

Official Publication of Travis Country West Community

National Night Out 2008

Article submitted by TCW Neighborhood Watch Committee

National Night Out 2008 was a great success. We had great participation from our neighborhood and we really appreciated the support from the Austin Fire Department, Station 37. It was nice to meet the fireman from the fire station and get a tour of the fire truck. They told us that all neighbors are welcome to stop by the fire station for a tour. For more information about Fire Station 37, please visit the following link: <http://www.ci.austin.tx.us/fire/station37.htm>

NEIGHBORHOOD SAFETY TIP

Please test your smoke alarms this season. To find out more information regarding smoke alarms please visit the Austin Fire Department website at <http://www.ci.austin.tx.us/fire/smoke.htm>.



Travis Country West

Your Homeowners' Association Committee Members

Board of Directors

John Campbell President
Rina Hartline Vice President
Rob Herb Treasurer/Secretary
Seth Prejean Director
For information email: board@traviscountrywest.org

TCW Committees

The neighborhood has started the following committees and we are always looking for new volunteers. Please use the contact email for questions and volunteer opportunities.

Social Committee

social@traviscountrywest.org

Pool Committee

pool@traviscountrywest.org

Landscape Committee

landscape@traviscountrywest.org

Newsletter Committee

newsletter@traviscountrywest.org

Architectural Committee

architectural@traviscountrywest.org

Useful City of Austin Contact Numbers

Dead Animal Pick up 947-9400
Abandoned Vehicle 280-0075
Pothole Repair 974-8750
Street Light Outage 505-7617

Classified Ads

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-263-9181 or advertising@PEELinc.com.

Advertising Information

Please support the businesses that advertise in the Travis Country West Community Newsletter. Their advertising dollars make it possible for all Travis Country West residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

Newsletter Information

Publisher

Peel, Inc. www.PEELinc.com, 512-263-9181
Articles newsletter@traviscountrywest.org
Advertising advertising@PEELinc.com, 512-263-9181

Not Available Online

!!! Travis Country West Newsletter !!!

The Travis Country West newsletter is a FREE monthly publication mailed to all Travis Country West residents. If you are interested in submitting an ARTICLE, FAVORITE RECIPE or FAVORITE PHOTO, please submit it to: newsletter@traviscountrywest.org by the 5th day of the month.

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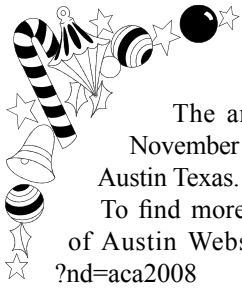
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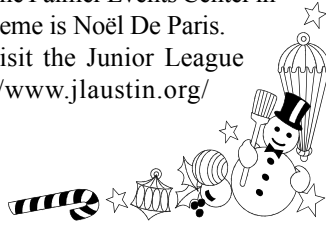
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Did You Know.....

The annual Christmas Affair 2008 will be held November 19th – 23rd at the Palmer Events Center in Austin Texas. This year's theme is Noël De Paris.

To find more our please visit the Junior League of Austin Website at: <http://www.jlaustin.org/?nd=aca2008>



!!! Newsletter Articles Needed !!!


Good News! We have a volunteer to serve as Newsletter Editor. In the coming issues, you should see more TCW specific content but the Newsletter Committee is seeking your help to make this happen.

The Newsletter Committee is requesting articles on community-related topics and interests. If you are interested in submitting an article, please send your article by email in Word format to: newsletter@traviscountrywest.org. The monthly newsletter is a free service provided by Peel Inc. and is delivered to the residents of TCW the first week of every month. For more details please visit www.peelinc.com.

From Your TCW Neighbor's Kitchen Stuffing




- 1 celery stalk
 - ½ cup butter or margarine
 - 1 can chicken broth 14 oz.
 - 1 box instant stuffing mix 6 oz.
 - 2 cups of bagged stuffing mix
 - ½ teaspoon poultry seasoning
1. Chop celery and sauté in a pan with 2 tablespoons of butter or margarine.
 2. In a large bowl combine both stuffing mixes with poultry seasoning.
 3. Combine remaining butter or margarine and chicken broth in a large saucepan. Bring to boil. Add bread cubes and celery. Stir ingredients until mixed and then remove from heat. (If dressing is too moist, add more bagged stuffing mix, if dressing is too dry add either more butter or margarine and chicken broth).
 4. Let stand for 5 minutes. Fluff with fork and serve. Stuffing can also be



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\$125,000 - \$174,999	2.78% ^{****}	24 mo.	4.08% 4.18%
		36 mo.	4.18% 4.29%
		48 mo.	4.21% 4.34%
		48 mo.	4.27% 4.37%

YOU CAN JOIN

*Austin Telco will pay all standard closing costs on Home Equity loans below \$100k. Additional non-standard fees will be the responsibility of the member. Credit qualifications apply. **Annual Percentage Rate. All rates expressed are "as low as". ****Rate applies to 1st lien commercial real estate loans with a loan to value of 80% or less; construction/development loan rates/terms may be different. No Pre-payment penalty. Credit qualifications apply. Please call for details. ****Annual Percentage Yield. Penalties for early withdrawal may apply. All APRs, APYs and terms are subject to change without notice.

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Travis Country West

TCW Hike and Bike Trail Map



*Gravel Trail and Blacktop Lap include Short LoopBack
Milage = 1.77 miles
(Diamond marked at every half mile)*



*Gravel Trail Only
Short LoopBack = 0.2 miles
Main Trail = 0.9 miles
(Diamond marked at every one-tenth mile)*



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Travis Country West



November 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <i>All Saints Day</i>
2 <i>Race for the Cure/ Daylight Savings Time</i>	3 <i>Sadie Hawkins Day</i>	4 <i>General Election Day</i>	5 <i>National Donut Day</i>	6 <i>Halfway Point of Autumn</i>	7 <i>Notary Public Day</i>	8 <i>National Parents as Teachers Day</i>
9 <i>National Young Readers Day</i>	10 <i>Marine Corps Birthday - 1775</i>	11  <i>Veteran's Day</i>	12 <i>Chicken Soup for the Soul Day</i>	13 <i>World Kindness Day</i>	14 <i>National American Teddy Bear Day</i>	15 <i>National Clean Out Your Fridge Day</i>
16 <i>National Fast Food Day</i>	17 <i>World Peace Day</i>	18 <i>Teddy Bear Birthday - 1902</i>	19 <i>A CHRISTMAS AFFAIR</i>	20 <i>A CHRISTMAS AFFAIR</i>	21 <i>A CHRISTMAS AFFAIR</i>	22 <i>A CHRISTMAS AFFAIR</i>
23 <i>A CHRISTMAS AFFAIR</i>	24 <i>Bible Sunday Day</i>	25 <i>National Espresso Day</i>	26 <i>First Official Thanksgiving Day - 1789</i>	27  <i>THANKSGIVING DAY</i>	28 <i>You're Welcomegiving Day</i>	29 <i>Newspaper Day</i> <i>Day of Friendship</i> 30

Don't want to wait for the mail?

View the current issue of the TCW Neighborhood News on the 1st day of each month at www.PEELinc.com

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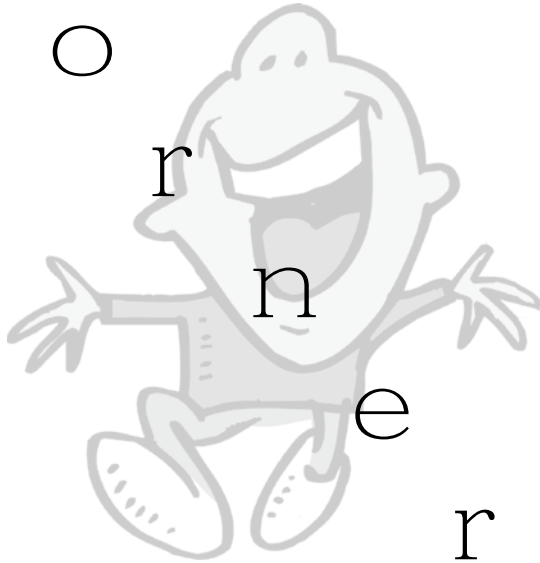
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*See website for rebate guidelines. Rebate is subject to client consent.

Travis Country West

K i d z



Locate the names of eight parts of a flower. Words can go vertically, horizontally, and diagonally.

Do it in less than 3 minutes and you are a Pro!

K i d z
W o r d
S e e k

L	L	L	A	T	E	P	R	A	V	W	N
Q	K	I	Z	T	Z	C	M	L	W	M	W
M	J	Q	T	C	T	G	S	T	Y	L	E
M	X	T	T	S	I	K	V	G	Q	P	L
R	H	N	T	T	I	N	N	M	X	S	N
W	O	L	S	J	Z	P	E	C	E	O	K
P	M	V	Q	Z	N	G	M	P	Y	V	L
D	M	G	A	N	R	R	A	T	K	U	P
L	M	Z	M	R	L	L	T	N	T	L	G
L	L	R	K	R	Y	Y	S	X	Q	E	G

OVARY
SEPAL

OVULE
STAMEN

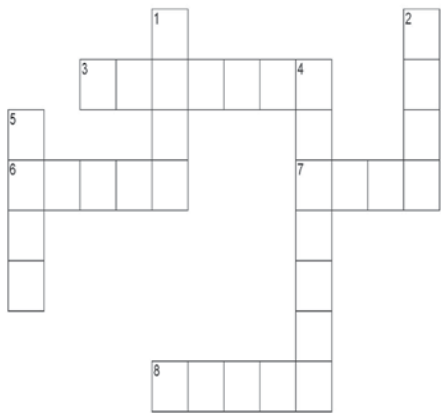
PETAL
STIGMA

PISTIL
STYLE

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Kidz Crossword Puzzle

Instructions: Match the correct answer with each clue to complete the puzzle.



ACROSS

DOWN

Clue

Answer Clue

Answer

3. Lots of cars

Make 1. Stare at

June

6. To disagree

White 2. Comes after May

Gaze

7. Create or produce

Traffic 4. To create

Dark

8. Opposite of black

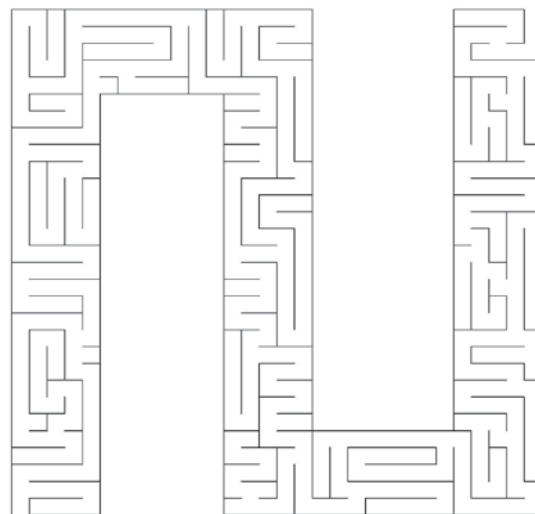
Argue 5. No light

Compose

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Kidz Maze Mania

Help the slithering snake slide through the skinny maze. If the snake makes it through the maze in time there will be a mouse for his reward.



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Achoo!!!!

Submitted by Dr. Tenesha Weine

If you live in Austin and other allergen-laden locales, you are certainly familiar with the outward symptoms of airborne allergies. And if you've ever rushed to the bathroom after lunch, you may also be familiar with some food allergies and what they do to you. But did you know that depression can actually be a symptom of an allergy at work in your body? So can muscle aches, joint pain, anger and irritability, even an inability to think clearly. The list of allergy symptoms goes on and on.

The exact cause of allergies isn't known. Western science defines an allergic reaction as the body's defense mechanism against an allergen or foreign substance. The body's immune system takes over in an attempt to protect it. Ironically, your body is making you uncomfortable by fighting what are often benign substances.

Allergies to airborne substances, ragweed, mold, dust, mountain juniper, are often indicative of inflammation somewhere in the GI tract. They are typically secondary to a food allergy that is creating the inflammation.

Some allergens are actually inherited, but these are few. In fact, allergic reactions to soy, peanuts, dairy products, and wheat appear to be the only genetic allergies. Changing the pH and calming the

inflammation of the bowels is the key to reducing or eliminating allergies. While it isn't an overnight process, the results are worth it—living without sinusitis, itchy watery eyes, headaches, pressure, fatigue, drainage, sinus infections, irritable bowels, spastic colon, diarrhea, and constipation.

You may be shocked to discover how many of your seemingly unrelated symptoms are actually allergies.

Other symptoms of allergies include migraines, heartburn, fainting, blood-sugar problems, indigestion, and even mood disorders. Often, depression is actually a result of commonly ingested allergens, and many people find they can reduce or eliminate their need for psychotropic medications by modifying their food intake.



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