



# Courtyard Caller

OFFICIAL COURTYARD NEWSLETTER

Courtyard Homeowners Association, Inc.

November 2009

Volume 5, Number 11

## BOARD MESSAGE

Times really does fly. Doesn't it? Otherwise, it wouldn't seem like just a month or so ago that we were starting our campaign to remind members of the importance of sending in their voting proxy for the Courtyard's annual meeting in January. For the benefit of new homeowners and as a reminder to those who have lived here longer, here's what we're talking about. It is a requirement of our Association Declaration that a quorum be present to hold an official meeting, and we want to avoid having to hold a second annual meeting. Over the years, we have found that it really helps if homeowners sign and mail in their proxy form as soon as it arrives. This way, it doesn't get forgotten in the midst of all the other activities we have going on through December and January. If for some reason you can't make the meeting, your vote will be counted. If you sent in a proxy but later are able to attend the annual meeting, you can simply pick-up your proxy at the meeting and vote in person. Further reminders and more information about our next annual meeting will appear in future newsletters and on the Courtyard's website: [www.courtyardhoa.org](http://www.courtyardhoa.org). If you have any questions, please contact any Board member or our management company representative, Marilyn Childress.

In this month that focuses on recognizing the many good things in our lives, the Board thanks all our neighbors in the Courtyard who, together, help make this such a special place. Special appreciation goes to those who give their time to organize and put on Easter egg hunts, Fourth of July picnics and canoe rides; to the walkers who stop to pick up trash from our streets and yards; to the thoughtful neighbors who - whether or not they are asked to - bring in the next door neighbor's newspaper, mail, or trash can if that neighbor is gone; to our wonderful "green thumbs" who help with Park clean ups, contribute and plant new trees, bushes and flowers, and maintain the drip watering systems that helps keep those plants alive to grow and enrich the beauty of our common areas and Park; to our mechanical types who help monitor common area sprinklers and see that our lighted entrances remain on so that we get the maximize benefit for the costs of that water and energy service; and to those who interact with other neighborhood groups and keep us aware of the activities of state and local governments that can impact our neighborhood. Understand that these are examples only and do not cover all the many contributions of individual residents without which the Courtyard Community would not be the great place it is to live.

Finally, to every individual who makes the effort to drive the speed limit and encourages others to do so as they travel through our neighborhood streets -- keep up your good efforts.

*Best wishes to all for a happy and safe Thanksgiving!*

*Your Courtyard Homeowners Association Board of Directors*

## Courtyard Book Club

The Book Club will meet at the Courtyard Tennis Club on November 10 at 1 p.m. to discuss a book that should give everyone a reason to think and be thankful! Meticulously researched, *The Worst Hard Time* by Timothy Egan carefully lays out the various causes, both economic and ecological, of the Dust Bowl and chronicles the lives of the people who stayed behind and endured the "black blizzards" and the personal and economic losses compounded by the Depression.

These settlers had come to the plains, anxious to have a piece of land of their own to farm and to put down roots for a family. Developers promised arable land that could be cleared and plowed to make way for fields of wheat and other grains. When the drought dried out the land and dust storms covered everything and everyone in their path, many went further west. Familiar to many, John Steinbeck's *The Grapes of Wrath* made us aware of the difficulties of those who were pushed west in these years. In our November selection, Egan's story of those who stayed behind may be even more tragic as mothers saw

*(Continued on Page 3)*

## CHA BOARD OF DIRECTORS

President, Frank Apgar .....	794-8346, 415-9412 cell
Vice President, Ed Ueckert .....	345-6137
Secretary, Mitch Ortego .....	299-2133
Treasurer, Jim Lloyd .....	231-0855
Leslie Craven .....	502-1124
Karen Johnson .....	343-2420
Waneen Spirduso .....	345-5078

## COMMITTEES

Environmental Control (ECC)	
Diana Apgar .....	415-9412
Community Park	
Jim Reed .....	502-8511
Welcome	
Alice Randolph .....	394-7218
Social	
.....	TBA
Landscape & Decorating	
Ed Ueckert .....	345-6137
Security	
Jim Lloyd .....	231-0855
Communications	
Leslie Craven .....	502-1124
Compliance	
Karen Johnson .....	343-2420
Kayak Committee	
Waneen Spirduso .....	345-5078
Area Development and Zoning Liaison	
Bill Meredith .....	345-0593

## MANAGEMENT COMPANY

Goodwin Management: Marilyn Childress  
11149 Research Blvd. Austin, TX 78759-5227  
512-502-7509

## Sub-HOA CONTACTS

Center Court:	
Ryan Duffin .....	626-5905
Travis County Courtyard (aka "Backcourt")	
Allan Nilsson .....	346-8432
.....	arnilsson@earthlink.net
Villas at Courtyard:	
Thomas Hoy .....	231-1270
.....	Thomas.Hoy@freescall.com
Wolf Court:	
Tim Sullivan .....	346-3146
.....	tsullivan@austin.rr.com

## Board Message - (Continued from Cover Page)

children die of "dust pneumonia" and fathers were lost attempting only a brief walk from their front door.

Timothy Egan, a journalist for the New York Times won the National Book Award for nonfiction in 2006 for this book: *The Worst Hard Time; the Untold Story of Those Who Survived the Great American Dust Bowl*. In 2001, he won the Pulitzer Prize as part of a team of reporters who wrote the series *How Race Is Lived in America*.

Looking ahead to December, the Book Group will meet on Tuesday, December 8, for lunch and a book exchange at the Heath's house, 5909 Tom Wooten. Call Jean at 512-231-9412 for details.

## Security Warnings

**GPS** - We've been cautioned many times before about leaving things out in our vehicles in plain view for thieves. Here is, yet, another reason to think twice about what we leave out in our cars that makes it easier for thieves to succeed. Reports indicate that thieves have been breaking into cars and stealing GPSs and remote control garage door openers. In these cases, the thieves carefully selected cars in places such as a movie theatre or football stadium parking lot, where owners will likely be away from home long enough for the thieves to use the GPS to locate the victim's home and the remote control garage door opener to gain entry into the house. Sure enough, after dealing with the initial break-in of their vehicle, by the time the owners get home, they find their home has been thoroughly ransacked and its contents gone. Suggestion: do not put your home address in your GPS. Instead, use the address of a nearby gas station or store. You can still find our way home from the nearby location, but thieves do not get specific directions to your empty house.

**MOBILE PHONES** - You may have already received similar warnings many times, but here it comes again. Be careful how you describe the relationship between you and people in your contact list. Avoid the use of names such as: Home, Sis, Dad, Mom, Sweetheart, etc. When a woman's purse was stolen, she lost the usual valuable and sensitive items we carry with us such as cell phone, credit cards, driver's license, and information about where we bank. Unfortunately, in this situation, by the time she called her husband to tell him what had happened, his first words to her were to reassure her that he had gotten her text message asking what their PIN number was and he had already replied. After rushing to the bank, they found all their money had been withdrawn. The thief had used the woman's contact list to call "Hubby" to get the PIN number and in just minutes had cleaned out their bank account. Since it was done with texting, the husband never considered that he wasn't communicating with his wife. Along these lines, pay extra attention to what you are being asked to do in a phone text message. Do not hesitate to CONFIRM things with a direct call and conversation with the message "sender."

*Do not live in fear – just be alert and do not let unscrupulous thieves take advantage of the many everyday distractions we all face !*

# WELCOME TO *good health*



Take the first step toward your child's good oral hygiene—a vital part of your child's development. Your child's first visit is recommended between 12 and 18 months of age.

## YOUR CHILD, OUR PRIORITY

Your child is provided with the highest level of dental care in a friendly, caring and fun environment. Your child's dental needs will be evaluated regularly to provide the highest level of prevention and treatment.

## SMILES ALL AROUND

You are invited to visit our office or our website for more information. Our fun and friendly office is specially designed with kids in mind, including video games and toys for all ages.

Discover the difference. As always, thank you for your continued referrals to family and friends. We hope to see you soon.

*healthy smiles*

**\$50 OFF**  
NEW PATIENT EXAM,  
CLEANING, FLUORIDE.

Must present coupon for discount.  
Expires 3-31-10 Courtyard

*are our specialty*



## SHERWOOD PEDIATRIC DENTISTRY

Stephen Sherwood, DDS - Brad Singleton, DDS

6500 North MoPac, Bldg. II, Suite 2206  
Austin, Texas 78731  
Tel: 512.454.6936 Fax: 512.454.0437  
[www.drsherwood.net](http://www.drsherwood.net)

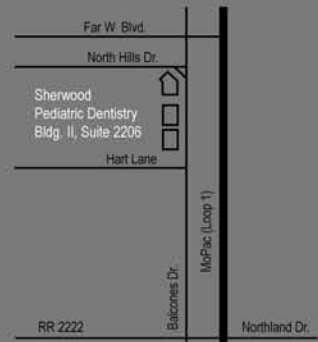


## OFFICE HOURS

Convenient office hours are  
Monday 9 am - 5 pm

Tuesday – Thursday 8 am - 5 pm

Fridays are reserved for surgical procedures.



## Area Developments

### THREE INTERRELATED AREA PROJECTS ARE SCHEDULED TO START DURING THE FOURTH QUARTER OF THIS YEAR:

- Replacement of the low-water roadway in Bull Creek District Park with a low-water motor vehicle and pedestrian bridge;
- Closure of Bull Creek District Park for restoration, and
- Replacement of the low water bridge over Bull Creek at 2222 and Lakewood Drive with a significantly higher bridge that does not rely on low water to stay open.

### NEW BRIDGE OVER BULL CREEK IN THE BULL CREEK DISTRICT PARK

This is a project of the City of Austin's (City) Watershed Protection Department and is being built primarily to improve both vehicle and pedestrian safety and the water quality in Bull Creek, which contributes to our drinking water supply. The ancillary benefit of this new bridge is that it will keep the crossing open during many more high water events. Between 2004 and 2007, this low-water crossing was closed seventy times due to high water. While the typical closing lasted three days, the longest closure lasted sixteen days.

Although a bridge, it will still be subject to low water, meaning that high water will sometimes overtop the roadway and close it.

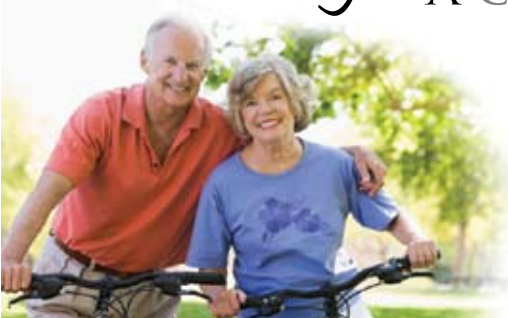
However, since the new bridge will be approximately five feet (5') higher than the existing roadway, it will stay open much more often than is currently the case. Further, when it is closed due to high water, the bridge will reopen faster as water recedes.

The contract has been signed and funding is approved. The bridge and related improvements will be built by Chasco Construction of Round Rock at a cost of \$716,000. Construction is estimated to begin in November, which will close that portion of Lakewood Drive to all through traffic for approximately 6 months. The project is estimated to be completed and that portion of Lakewood Drive reopened in May 2010, weather permitting. Lakewood Drive at 2222 will remain open during the life of this project.

### CLOSURE OF BULL CREEK DISTRICT PARK FOR RESTORATION

Bull Creek District Park will be closed during the construction of the bridge. The City's Parks and Recreation Department is using this opportunity to restore the park, which has suffered extensive soil and water quality damage from the recent drought and its overuse as an off leash exercise area for dogs. Much of the soil can no longer sustain life and Bull Creek is badly polluted. See, the City's website. <http://www.ci.austin.tx.us/parks/bullcreekola.htm> .


*(Continued on Page 5)*



# Introducing

## A CARDIOLOGY PRACTICE WITH A NEW PERSPECTIVE

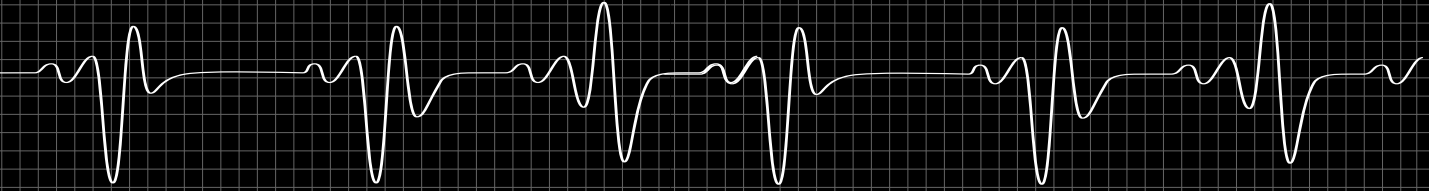
### Welcoming DR. GEORGE RODGERS




[www.heartclinicofaustin.com](http://www.heartclinicofaustin.com)

### KNOWLEDGE...NOT FEAR.

JEFFREY B. MICHEL, MD FACC  
GEORGE P. RODGERS, MD FACC



PREVENTION. DIAGNOSIS. TREATMENT.  
STATE OF THE ART CARDIOLOGY CARE IN A NON-HOSPITAL SETTING



The Heart Clinic of Austin, PA  
11673 Jollyville Road | Suite 205-B | Austin, TX 78759  
(512) 345-8888 | [www.heartclinicofaus.in.com](http://www.heartclinicofaus.in.com)  
Evening and weekend hours available. We accept Medicare/Medicaid and most Major insurance Plans.



## Area Developments - (Continued from page 4)

### REPLACEMENT OF THE LOW-WATER BRIDGE OVER BULL CREEK AT 2222 AND LAKEWOOD

The purpose of this Texas Department of Transportation (TxDOT) project is to replace the existing low-water bridge with a new safer structure that will not be dependent on low water to stay open. On average, high water in Bull Creek overtops the roadway twice a year and causes eastbound and westbound traffic on 2222 to divert to other routes. The roadway of the new bridge will be approximately nineteen feet (19') higher than the lowest point of the existing roadway and this bridge is designed to remain operational during a 100-year flood event.

The contract has been signed and funding is in place. The bridge and related improvements will be built by Capital Excavation Company of Austin at a cost of \$5.8 million. Construction will be done in phases to keep 2222 open and will start in November of this year, if not sooner. Construction is scheduled to last twenty-five months, weather permitting. **Eastbound 2222 will, however, be reduced to one lane for approximately 18 of these 25 months, so plan your trips and drive times accordingly.**

### OVERALL PROJECT SUMMARY:

- Widen 2222 to make the following improvements at the intersection of 2222 with 360
  - Add a second right turn lane from eastbound 2222 to southbound 360;
  - Lengthen the existing left turn lanes for eastbound 2222 to northbound 360 and westbound 2222 to southbound 360; and
  - Add a second left turn lane for eastbound 2222 to northbound 360.
- Widen and reconstruct 2222 east of 360 to make the following improvements
  - Replace the existing bridge structure at Bull Creek;
  - Add a center left turn for access to Lakewood Drive and the City's Fire Station; and
  - Install a traffic signal at the intersection of 2222 and Lakewood Drive.

Since the new bridge will be significantly higher than the old one, it is necessary to ramp up Lakewood Drive to properly intersect with 2222. As a result, during this phase of construction, this intersection will be closed to all but emergency vehicles for approximately 6 months. During this time, local traffic will only be able to access Lakewood Drive at the traffic light on northbound 360. This phase can not start until the City's new bridge in Bull Creek Park is open to traffic.

## Go Green, Go Paperless

Sign up to receive the *Courtyard Caller* in your inbox.  
Visit [PEELinc.com](http://PEELinc.com) for details.



Dennington Decor  
Installs  
**X-MAS LIGHTS**  
**415-2245**  
[www.DenningtonDecor.com](http://www.DenningtonDecor.com)  
Listen to **mix 94.7** to win Free Lighting!

**Advertise  
Your Business Here  
888-687-6444**

**Dear Fat,  
It's over. I'm leaving you.  
And this time, I mean it.**

**NO Worries.  
NO Contracts.  
NO Excuses.  
Just Results.**

**BodyBusiness**  
HEALTH CLUB & SPA

celebrating...

**25  
YEARS**

DAVENPORT VILLAGE.....306-0557  
WEST ANDERSON LANE.....459-9424  
[www.bodybusiness.com](http://www.bodybusiness.com)

## TRIVIA TEST

1As you may know, a group of fish is called a "school", a group of lions is called a "pride", and a group of seagulls is called a "flock". Some are a little more unusual. See if you can guess what animals belong to the following groups:

Crash , Exaltation , Mob , Murder , Parliament , Pod , Sounder

(Answers on Page 11)


## A Business Referral Group Made Fun!

Networking Northwest Austin is expanding its member base of businesses in our area. NWNWA members build close business and personal relationships. We believe in business by referrals and having a limited member base (not duplicating professions), so you will not see your competitors here. We have a caring, positive, involved group of people who not only wish to build their business, but also want to build the strength of our networking group. NWNWA meets on the 2nd and 4th Tuesday at Waterloo Ice House, 360 & FM 2222 from 7 – 8:30 am. And a fun happy hour once per month at a beautiful location. Come to a breakfast or call Dorothy Scarborough – President dscarborough5@austin.rr.com, 512-589-3678.

## Did You Know ...About Austin Crickets?

Austinites expect and welcome autumn as overdue relief from the long hot summer. And just as surely as we expect the cool evenings and golden leaves of fall, we expect and brace ourselves for the annual autumnal Austin cricket invasion. For newcomers to Central Texas, no reason to panic. Just know that our crickets have been coming to Austin to make their winter homes for as long as anyone can remember. The invasion proper is always preceded for several days by scattered reconnaissance buzzlegs. Generally, the critters hop for the great canyons of downtown, their sidewalks and cavernous openings; but in good years they will visit you in your home, too.


Although this author can't speak from personal experience at the time, one of the great invasions of all time was in 1915. Billions of crickets blanketed the city. Wagonloads of them were hauled away day after day. Austin became famous all over Texas and the immediate South as the fall resort for crickets. One observer noted further, "Had the cricket invasion been purposely advertised, it is probable that hundreds of tourists would have come to Austin to see the unusual sight and their trip to the state capital would not have been wasted."



# AUSTIN TELCO

FEDERAL CREDIT UNION

WWW.ATFCU.ORG 512.302.5555



**15 METRO LOCATIONS**

*You Can Join!*  
Membership is open to anyone in the 5 County Austin Metro Area

HOME EQUITY LOANS			COMMERCIAL REAL ESTATE LOANS		
4.89% 10 YEAR FIXED RATE	5.19% 15 YEAR FIXED RATE	5.69% 20 YEAR FIXED RATE	5.75% 5 YEAR FIXED RATE	5.95% 10 YEAR FIXED RATE	6.20% 15 YEAR FIXED RATE
<small>plus no closing costs**</small>			<small>20 year amortization/no pre-payment penalty</small>		

AUTO LOANS			MONEY MARKET		
3.69% UP TO 60 MONTHS	3.89% 66 MONTHS	4.29% 72 MONTHS	1.31% \$25,000 TO \$74,999	1.46% \$75,000 TO \$124,999	1.66% \$125,000 AND ABOVE
<small>new or used</small>			<small>minimum daily balance of \$2000 required</small>		

CERTIFICATE OF DEPOSIT <sup>1</sup>			CERTIFICATE OF DEPOSIT <sup>2</sup>		
1.61% 6 MONTHS	1.91% 12 MONTHS	2.27% 24 MONTHS	1.71% 6 MONTHS	2.02% 12 MONTHS	2.42% 24 MONTHS
<small><sup>1</sup>regular - minimum deposit of \$1000 required</small>			<small><sup>2</sup>jumbo - minimum deposit of \$95000 required</small>		

**250+ FREE ATMS      FREE CHECKING**



The Children's Center Of Austin

www.childrenscenterofaustin.com



Steiner Ranch  
4308 N. Quinlan Park Road  
Suite 100  
Austin Tx 78732  
512-266-6130

Jester  
6507 Jester Boulevard  
Building 2  
Austin Tx 78750  
512-795-8300

Bee Caves  
8100 Bee Caves Road  
Austin Tx 78746  
512-329-6633

## One month's free tuition!

\*Schedule a tour for details

- please present coupon at time of enrollment
- one discount per family



## Wildflower Events

*Submitted by Saralee Tiede*

### LAST CHANCE—A LARRY J. SCHWEIGER READING

6:30 p.m. Sunday, November 8

The president of the National Wildlife Federation reads from his fascinating book about climate change and solutions we need to avert the consequences.

Free admission. In the auditorium.

### NATURE NIGHTS—ASTRONOMY

6 to 9 p.m. Friday, November 13

Tour the evening skies and wonder at the stars. Admission \$1.

### INTRODUCING THE 2010 WILDFLOWER DAYS™ ART PRINT

Saturday and Sunday, November 14 and 15

In the store.

### HOLIDAY GIFTS PREVIEW

Saturday and Sunday, November 21 and 22

The store features new paper sculpture by artist Shou Ping and leather accessories.

### WILDFLOWER CENTER CLOSED

Thanksgiving, Thursday, November 26



# FAMILY fun night

**November 1 - 5-7 pm**

**Great Hills Baptist Church | [www.ghbc.org](http://www.ghbc.org)**

10500 Jollyville Road . Austin, Texas 78759 . 512.343.7763

### Sunday Morning Schedule

9:30 . Blended Worship

11:00 . Contemporary Worship

9:30 & 11:00 . Bible Life Groups (all ages)

# Davenport Wines & Spirits

**15% off 6 bottles, 20% off 12 bottles\***

*(discount does not apply to wine specials or items already on sale)*

Wine and Liquor may be mixed and matched

Sale prices apply everyday of the week

3801 N. Cap Tx Hwy

Building E

Austin, Tx 78746

(512) 732-2900

[www.davenportwinespirits.com](http://www.davenportwinespirits.com)

*Free*

**Wine Tastings**

*Fridays*

**5:00p.m. - 8:00p.m.**

*~~~~~*

BRING IN THIS AD  
AND RECEIVE

*5% Off*

TOTAL PURCHASE



## White/Sparkling Wines

Veuve Clicquot Champ .....	Was...\$56.99 / Now ...\$49.99
Perrier Jouet Brut.....	Was...\$49.99 / Now ...\$32.99
Nicolas Feuillate Champ .....	Was...\$36.99 / Now ...\$30.99
Rombauer Chardonnay .....	Was...\$39.99 / Now ...\$30.99
The Cutrer Chard-Sonoma Cutrer ..	Was...\$32.99 / Now ...\$27.99
Miner Chardonnay .....	Was...\$31.99 / Now ...\$25.99
Stags Leap Chardonnay.....	Was...\$28.99 / Now...\$19.99
Ferrari Carano Chardonnay .....	Was...\$28.99 / Now ...\$19.99
Sonoma Cutrer Chard Russian River.	Was...\$26.99 / Now ...\$20.99
Cuvaision Chardonnay .....	Was...\$24.99 / Now ...\$18.99
Simi Russian River Chardonnay .....	Was...\$24.99 / Now ...\$19.99
Santa Margherita Pinot Grigio .....	Was...\$26.99 / Now ...\$19.99
Newton Chardonnay Red labe.....	Was...\$20.99 / Now ...\$15.99
Frei Brothers Chard.....	Was...\$19.99 / Now ...\$15.99
Merryvale Chardonnay .....	Was...\$20.99 / Now ...\$14.99
La Crema Chardonnay .....	Was...\$21.99 / Now ...\$14.99
Kendall Jackson Grand Rsv Chard.....	Was...\$18.99 / Now ...\$14.99
Kim Crawford Sauvignon Blanc.....	Was...\$18.99 / Now ...\$14.99
Franciscan Chardonnay.....	Was...\$18.99 / Now ...\$13.59
Murphy Goode Chardonnay .....	Was...\$16.99 / Now ...\$12.99
Simi Chardonnay .....	Was...\$16.99 / Now ...\$13.99
Oyster Bay Sauv Blanc .....	Was...\$15.99 / Now ...\$12.99
Kendall Jackson Chardonnay .....	Was...\$14.99 / Now ...\$11.99
Rodney Strong Chardonnay .....	Was...\$19.99 / Now ...\$10.99
Chateau St. Jean Chardonnay .....	Was...\$14.99 / Now ...\$10.99
Toad Hollow Chardonnay.....	Was...\$14.99 / Now ...\$10.99
Simi Sauvignon Blanc.....	Was...\$14.99 / Now ...\$10.99
Edna Valley Chardonnay.....	Was...\$13.99 / Now ...\$10.49
Clos du Bois Chardonnay .....	Was...\$12.99 / Now ...\$9.99
Murphy Goode Sauvignon Blanc .....	Was...\$12.99 / Now ...\$9.99

## Red Wines

Far Niente Cabernet Sauvignon.....	Was...\$132.99 / Now . \$99.99
Silver Oak Napa Cab Sauv.....	Was...\$100.99 / Now . \$84.99
Silver Oak Alexander Cab Sauv .....	Was...\$70.99 / Now ...\$59.99
Joseph Phelps Cabernet Sauvignon..	Was...\$59.99 / Now ...\$44.99
Flowers Pinot Noir .....	Was...\$54.99 / Now ...\$44.99
Mt. Veeder Cab.....	Was...\$40.99 / Now ...\$32.99
Stags Leap Merlot.....	Was...\$42.99 / Now ...\$24.99
Ferrari Carano Cab Sauv .....	Was...\$36.99 / Now ...\$22.99
Ferrari-Carano Merlot .....	Was...\$32.99 / Now ...\$19.99
Franciscan Cabernet / Merlot.....	Was...\$26.99 / Now ...\$19.99
.....	.....\$18.99
Sterling Napa Merlot .....	Was...\$23.99 / Now ...\$18.99
Simi Cabernet / Merlot .....	Was...\$24.99 / Now ...\$16.99
.....	.....\$14.99
La Crema Pinot Noir.....	Was...\$22.99 / Now ...\$16.99
Markham Merlot .....	Was...\$22.99 / Now ...\$17.99
Sterling Cabernet Sauvignon .....	Was...\$21.99 / Now ...\$17.99
Angeline Pinot Noir .....	Was...\$24.99 / Now ...\$16.99
Wild Horse Cabernet / Merlot .....	Was...\$22.99 / Now ...\$16.99
.....	.....\$14.99
Murphy Goode Cab/Merlot .....	Was...\$19.99 / Now ...\$14.99
Twenty Bench Cabernet Sauv .....	Was...\$20.99 / Now ...\$14.99
Rodney Strong Cabernet / Merlot ..	Was...\$19.99 / Now ...\$12.99
Dynamite Cabernet / Merlot .....	Was...\$19.99 / Now ...\$12.99
.....	.....\$10.99
7 Deadly Zins Zinfandel .....	Was...\$18.99 / Now ...\$12.99
Cline Ancient Vines Zinfandel.....	Was...\$18.99 / Now ...\$12.99
Estancia Cabernet Sauvignon.....	Was...\$18.99 / Now ...\$12.99
Louis Martini Cabernet Sauv.....	Was...\$18.99 / Now ...\$12.99
J Lohr Cabernet / Merlot.....	Was...\$18.99 / Now ...\$11.99
Chateau St. Jean Cabernet / Merlot.	Was...\$18.99 / Now ...\$10.99
337 Cabernet Sauvignon .....	Was...\$15.99 / Now ...\$10.99
Estancia Merlot .....	Was...\$14.99 / Now ...\$10.99
Liberty School Cab .....	Was...\$13.99 / Now ....\$9.99
Mark West Pinot Noir .....	Was...\$15.99 / Now ....\$9.99
Cline Zinfandel.....	Was...\$12.99 / Now ....\$9.99
Red Truck Red Blend .....	Was...\$10.99 / Now ....\$7.99



## HEALTHY SNACK TIPS

### *For Students*

Students often eat lunch at school before noon, especially younger students, so by the time class is over in the afternoon, they are hungry for a snack. If planned properly, snacks are a good way to regulate hunger. Waiting too long to eat something (more than 3-4 hours) often results in overeating or eating too quickly. Choosing a healthy snack between meals helps keep youngsters' blood sugar and metabolism regulated, energy levels up, and hunger under control.

Snacks that include protein should be paired with a fruit, vegetable, or starch to keep kids feeling full longer than just eating one of those foods by itself. Some foods naturally fall into different groups and can be eaten by themselves as delicious, healthy snacks – such as nuts and seeds.

Portion sizes, however, are important. Snacks should contain roughly 100 to 200 calories and should be eaten 2 to 3 hours before the next meal. Feel free, however, to let your child eat unlimited amounts of non-starch vegetables at every snack.

### **TRY SOME OF THESE SUGGESTIONS WITH YOUR LITTLE ONES – OR YOURSELF!**

- 2 tablespoons peanut butter on celery sticks and ½ apple
- 1 ½ tablespoons cashew butter on celery sticks
- 1 string cheese and 1 small apple
- 1 tablespoon peanut butter with ½ small banana
- 1 mini bagel with 1 ounce turkey or lean ham
- 1 tortilla with 1 ounce melted cheese and 2 tablespoons salsa
- Raw vegetables with fat free salad dressing and string cheese
- 1/3 cup hummus with baby carrots, bell peppers, and broccoli
- 1 slice mozzarella cheese with 6 whole wheat crackers
- 1 slice turkey or cheese and ½ sliced mango
- ¼ cup walnuts and ½ cup blueberries
- 1 string cheese and 2 cups low fat popcorn
- ½ sandwich with lean lunch meat
- 1 mini bagel with fat free cream cheese
- 1 slice Swiss cheese and 2 tablespoons raisins
- ½ cup nonfat cottage cheese with ½ cup fruit
- 1 cup cherries with 1 slice cheese
- 2 tablespoons hummus on a whole wheat pita or 1 ounce pretzels
- Granola bar with 6 ounces nonfat milk
- Baked tortilla chips with salsa or low fat bean dip

*(Information provided by pediatric clinical dietitian Kim Bilger, MPH, RD, LD at Dell Children's Medical Center of Central Texas).*

**Peel, Inc.**  
**Printing & Publishing**

Publishing Community Newsletters Since 1991  
**512-263-9181 • www.PEELinc.com**

**Leslie Chambliss**  
Sales Representative  
**512-656-1170**  
leslie@PEELinc.com



**Support Your  
Neighborhood  
Newsletter.**

*Advertise your business  
to your neighbors.*



## Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at

Peel, Inc. - Kids Club

311 Ranch Road 620 S, Suite 200

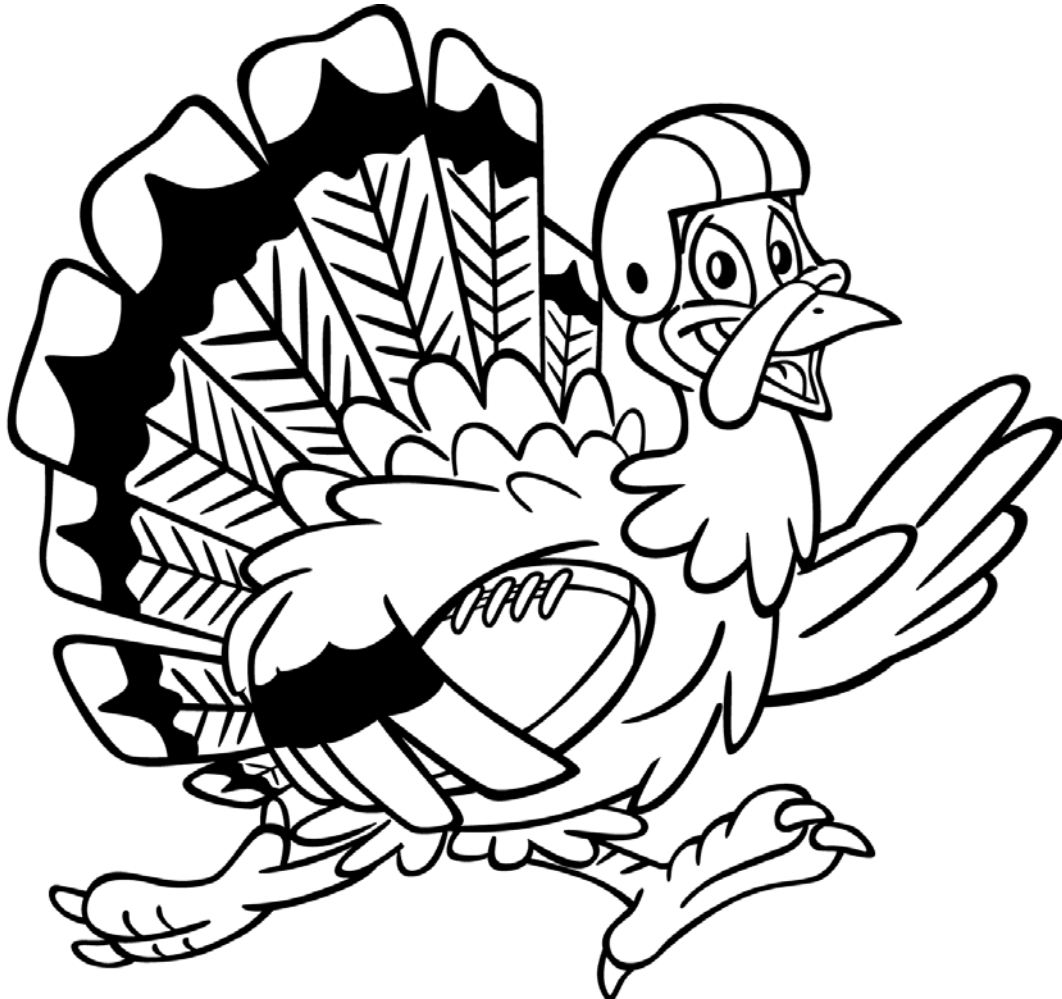
Lakeway, TX 78734

We will select the top few and post their artwork online at [www.PEELinc.com](http://www.PEELinc.com). DUE: November 30th

Be sure to include the following so we can let you know!

Name: \_\_\_\_\_ Email Address: \_\_\_\_\_  
(first name, last initial)

Age: \_\_\_\_\_ [This information will only be used to notify you or your parents if your artwork was selected.]



CY

## Trivia Test Answers:

Crash - Rhinoceros, Exaltation - Lark, Mob - Kangaroo,  
Murder - Crow, Parliament - Owl, Pod - Whale,  
Sounder - Pig/Hog

## Courtyard Stork Report

Congratulations!  
Let us help celebrate...  
email info on the arrival  
of your little one to  
[articles@peelinc.com](mailto:articles@peelinc.com).



At no time will any source be allowed to use The Courtyard Caller Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in The Courtyard Caller Newsletter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

# PROMOTE YOUR BUSINESS *in Style!*

- BUSINESS CARDS / BUSINESS CARD MAGNETS / MAGNETS
- POST-IT® NOTES / CUBES & MEMO PADS / DECALS
- BUMPER STICKERS / MEMBERSHIP CARDS & ID BADGES
- PERSONALIZED WRITING INSTRUMENTS / CALENDARS
- HEALTHCARE PROMOTIONS / DRINKWARE & KOOZIES®
- NEWSLETTERS / BOOKLETS / FLYERS
- ENVELOPES / LETTERHEADS / RUBBER STAMPS
- BUSINESS FORMS / AND MUCH MORE....

**NEED AN ADVERTISING SPECIALITY ITEM?**

**1-888-687-6444 ext. 24**



*Quality*  
PRINTING COMPANY

*Experience Matters*  
Doing business for  
30+ years.





Looking for a  
*change of scenery?*

*Whether you are downsizing, moving up, or just ready to hang out at the lake,  
let me help you make a smooth move.*



**Jo Carol Snowden**

Broker Associate, ABR, CRS, GRI

480-0848 vm 105

[jocarol@moreland.com](mailto:jocarol@moreland.com)

[www.moreland.com](http://www.moreland.com)

We get it.

