

Courtyard Homeowners Association, Inc.

May 2010

Volume 6, Number 5

BOARD MESSAGE

May brings the end of the school year and increasingly longer days that give us more time to enjoy the outside before the really hot summer weather arrives. We have a beautiful community, and it is good to see so many of our residents out walking (people and pets), jogging, riding bikes, and enjoying the Community Park and Bull Creek. With this in mind, thank you to everyone for their continuing efforts to keep driving speeds down while traveling through the neighborhood. Please keep it up and encourage anyone visiting you to do so.

Many of us will gone from the neighborhood for some portion of the summer, and sometimes vacationers forget to make arrangements for their newspapers and mail. If you know your neighbors are out of town or simply notice that newspapers or mail/deliveries are accumulating on porches or driveways, be a good neighbor and please consider collecting and keeping these items for the homeowners until they return. Left alone, they serve as a tip-off that homeowners are not home and are an invitation for trouble. Neighbors can also help each other out by keeping an eye out for strangers wandering through back yards or between houses. If you aren't sure what to do, please contact a Board member, our Security Committee chairperson, or the police -- let someone know your concerns. While residents need not be fearful, it is good to be watchful and proactive about our safety and that of our community.

Even if you don't "hunt" for Easter eggs anymore, hope you made it to our Community Park for the annual Easter Egg Hunt. It's incredible how fast 1000 eggs can be found in less than 15 minutes. Check out pictures on the website Photo Gallery. Thank you again to our wonderful community volunteers who made it all possible. Such good times don't happen without their efforts. New ideas for social activities or events? Contact any Board member by phone or through the website: www.courtyardhoa.org.

Best wishes to everyone for a safe and happy summer ahead! Your Courtyard Homeowners' Association Board of Directors

COURTYARD COMMUNITY PARK UPDATE

Spring is bursting forth, and it is a great time to visit our beautiful community park. Look for the bluebonnets and other wild flowers growing just beyond the kayak storage site. This previously scraped area that is mostly caliche was planted with wildflower seeds and some topsoil in December 2008. Unfortunately, Spring 2009 was so dry that the bluebonnet seeds did not germinate. This year with the rain, bluebonnets are growing profusely and have bloomed abundantly. Other wildflowers can be expected there as the weeks go by. This area of the park is really very pretty. Don't miss it.

Trails in the park had become muddy in places, and it was decided this winter to spread mulch on them. Much was accomplished during the March 27 workmorning. Everyone who enjoys our Park owes a debt of gratitude to Eddie Zamora, Ellen Sharphorn, Fred and Jean Heath, Melody Chattelle, Carol Spielburger, Carol Reed, and Waneen Spirduso. A truck load of mulch received gratis from Davy Tree Service

(Continued on Page 2)

CHA BOARD OF DIRECTORS

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-	. Thomas. Hoy@freescale.com
Wolf Court:	
Tim Sullivan	
	tsullivan@austin.rr.com
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Community Park Update - (Continued from Cover Page)

was spread along all of the main trail and much of the river trail. The mulch provides natural, mud-free footing and is an attractive base that will suppress growth of undesirable plants such as poison ivy. Fallen dead branches and a few paper cups and cans were removed. So the park is really spruced up.

Kids really enjoy the playscape and being in nature. I often hear them in the park yelling, "Mom I don't want to go home yet." Families and nature- that is what our park is about!

BY JAMES REED





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Book Club

Location: Heaths' Home, 5909 Tom Wooten Drive

Please join us on Tuesday, May 11 at 1:00 p.m. to discuss: *In Other Rooms; Other Wonders* by Daniyal Mueenuddin.

The *Wall Street Journal* compares this first work of Mueenuddin to that of Isaac Bashevis Singer, describing the short stories that comprise this book as "a nuanced world where social status and expectations are understood without being stated, and where poverty and the desire to advance frame each critical choice." The stories are linked by characters who share a connection to an aging feudal landowner, his family, employees and business interests, giving the book the feel of a novel played out in episodes. The *Washington Post* predicts that Mueenuddin will become the first Pakistani author read widely by an American audience. Mueenuddin spent his childhood in Lahore, Pakistan before moving to Wisconsin with his Pakistani father and American mother; but he currently lives on a farm in the Punjab region of Pakistan. Mueenuddin is a graduate of Darmouth College and Yale Law School. In reading this collection of stories, one gets a sense of what life is like for the various characters from the very rich and desperately poor, providing a window into a culture that is increasingly important to American interests.

Critics are in rare unanimity in their acclaim for *In Other Rooms; Other Wonders*. It was a finalist for the National Book Award, included on numerous Best of 2009 lists, and won the 2009 Story prize.

For those reading ahead, the book for discussion in June is *Suite Francaise* by Irene Nemirovsky. Nemirovsky wrote this novel in 1941-42 before being sent to Auschwitz, but it was not discovered for sixty years. *Jean Heath*, 231-9412; *heathcjb@yahoo.com*

Neighborhood Garage Sale Saturday, May 1st (Rain Day – May 8)

If it hasn't already happened, here's your chance to sell the junk that you don't want anymore to your favorite neighbors. The first Saturday of May (May 1) is our annual neighborhood garage sale. The Courtyard Homeowners Association will advertise in the Austin American Statesman and display signs in the neighborhood. Call Mary Lou Nilsson (346-8432) to reserve a sign or if you have any questions.



Security Tip

When asked by a resident about the use of pepper spray for protection, local law enforcement recommended that the person get a can of wasp/hornet spray instead. These sprays can shoot up to twenty feet away and are far more accurate. Effective use of pepper spray requires the assailant to be closer to the victim and makes it easier for the victim to be overpowered. Wasp/hornet spray quickly and effectively, but only temporarily, blinds an attacker until the culprit gets to the hospital for an antidote. It also doesn't draw as much attention as a can of pepper spray.

*Sources: Chris McGoey, CPP, CSP, CAM (security consultant, see crimedoctor.com); and "Burglars on the Job: Streetlife and Residential Break-ins" – author Richard T. Wright (criminology professor at the University of Missouri-St. Louis) with Scott H. Decker. Wright and Decker interviewed 105 active burglars to collect offenders' perspectives on the process of burglarizing a residence.

Don't want to wait for the mail? View the current issue of *The Caller* on the 1st day of the month at **www.PEELinc.com**

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Travel Advice Be careful when you travel and alert others you know who travel.

If someone, claiming to be from the hotel staff, calls your hotel room asking to confirm or clarify your credit card number for an administrative purpose. Don't provide it. Crooks can call hotels, ask to be connected to a random room-number, and ask for a credit card

number. Instead of taking this the caller but hang-up and call or front desk yourself to determine if they actually called and

need your credit card number. If they did not, tell them about the incident so that they can investigate and consider security measures. visit the

risk, thank

Carol Spielberger



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Courtyard Homeowners Association, Inc. Newsletter - May 2010

Gardening in the Hill Country

Spring is in full swing with bright green mornings full of sunshine and bird song. Area garden centers are bursting with eager gardeners loading carts with compost, flowers and landscape supplies. While riding the energy of the season to beautify your yard, keep in mind a few things that will help the garden flourish through spring and summer.

Healthy soil supports a healthy landscape. Dedicate energy every year to improving your soil, and you will be richly rewarded with better blooms, improved water efficiency, and fewer disease problems. Work compost into garden and flower beds, and top-dress established areas and lawns with compost. Compost improves soil quality, and reduces or eliminates the need for fertilizer.

Water your garden efficiently and effectively. Although some watering is necessary to sustain gardens in the Hill Country, many people water too much! Over-watering wet or shallow soil results in weakened or diseased plants as well as runoff (water and money down the storm drain). For our thin and clay Hill Country soils, ¹/₂ inch, twice per week is the maximum amount you should need to water--even during the heat of summer. During spring and fall, ¹/₂ inch once per week is plenty.

Watering between dusk and dawn further increases the effectiveness of the water you use by reducing evaporation and increasing the amount of water that makes it to plant roots.

Twice per week summer watering is good for landscapes and also good for water supply. Over 60 percent of residential water is used on landscapes in the summer, resulting in water treatment plants experiencing peak demands. Efficient watering reduces the need to built new water treatment plants.

The City of Austin requires their customers to water no more than twice per week watering schedule effective May 1 through September 30. LCRA encourages all of its retail customers to follow Austin's schedule. The watering schedule is as follows:

Odd Addresses: Wednesday And Saturday Even Addresses: Thursday And Sunday Commercial And Hoa Common Areas: Tuesday And Friday

Healthy soil and efficient watering will assure that the vibrant flowers in your shopping cart at the garden center thrive in your yard throughout the growing season. Be sure to consider using native and adapted plants that are drought tolerant. For more information on drought tolerant plants and tips on water conservation, go to the LCRA web site: http://www.lcra.org/water/save/index.html.



Swans In The Park

On a recent trip down to our park, I saw the swan couple who have nested in the reeds across from the canoe and kayak storage area. I was delighted. But, having moved here from Michigan, I remembered something else.

Michigan is the favorite layover spot for migrating Canadian geese. We, in the city, marveled at their famous "V" flying pattern, unaware of the problems they brought to those living along the shores of the many Michigan lakes. In addition to all the honking, they left the yards and beach fronts covered in their waste.

As a remedy, people learned that a nesting pair of swans, with their highly territorial nature, would keep the geese away. They did. The swans also aggressively kept homeowners and their pets away from "their" area. So, while we are fortunate to be able to watch these lovely birds and show them to the children, I recommend we do so from a safe and respectful distance.



Ellen Sharphorn



Children who drown do not scream, splash, or struggle. They silently slip beneath the water, even with adults & lifeguards present.

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Austin Newcomers Club May Luncheon

Austin Newcomers is a social organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. Join us at our monthly luncheon as well as take the opportunity to learn about and become involved in many of the varied fun Interest groups.

Time: 11:00 AM Social - 12 Noon Luncheon

Date: May 19, 2010 (Reservations required by Thursday, May 13th)

Location: Green Pastures Restaurant 811 W Live Oak Street, Austin, 78704

Luncheon Cost: \$20 per person

For Luncheon Reservations email: LuncheonDirector@ AustinNewcomers.com or contact Marilyn Amey, 473-0118

> **For other Newcomers Information Visit:** www.austinnewcomers.com or call 512-314-5100

May Program: Dillard's—For the Style of Your Life

Spring is here with summer not far behind. It's time to perk up your wardrobe to be fashionably ready for fun in the Austin sun! Let the Newcomers Fashion Show featuring our very own models help you learn what's hot and what's not in this year's styles and hues.

May's program will feature outfits from Dillard's. Inc., one of the nation's largest fashion apparel and home furnishings retailers. Amy Fitz, manager of the Hill Country Galleria location since its opening in September 2007, will be the show commentator. Amy has been with Dillard's for 21 years and has worked in seven locations throughout Texas and Kansas.

The Newcomers Fashion Show is always a popular event.

Hope to See You There!

NEW LOW PRICES in 2010!



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ALL THAT TRASH

On Thursday evenings, especially when that rolling garbage can the City of Austin generously lent to you is full, do you ever ask yourself, "is this recyclable," before you shuttle the overflow into

that big blue recycling bin from the City? To help you answer this question, the City of Austin advises:

Do NOT put any of these items in your recycling bin:

ITEM	INSTEAD, PLACE IN YOUR GARBAGE CAN WITH THIS PREPARATION		
Animal Waste/Kitty Litter	Sealed in double bag		
Ashes (cold ashes only)	Sealed in plastic bag		
Blood-contaminated products/needles/syringes/ medical waste	Potentially very dangerous. Call 3-1-1 for instruction.		
Food Waste	Sealed in plastic bag		
Glass/mirrors/window panes	Wrapped in cardboard or several layers of newspaper. Mark package clearly as "GLASS". Put package in garbage car t not recycling cart.		
Sawdust/vacuum cleaner dust/styrofoam peanuts	Sealed in plastic bag		

I bet that did not help you get rid of this week's overflow trash. So, here is what you do. Bag the trash that does not fit inside the trash bin with its lid closed. Buy an extra-garbage sticker and stick it on each bag of excess-trash. Each bag must have its own sticker. Set your excess trash bag next to, not on top of, your trash bin.

An extra-garbage sticker looks like this:



and, you can buy them for \$4 (plus tax) at:

- Albertsons
- Northwest Hardware • City Market • Randalls

• H-E-B

- Crestview Minimax
- Fiesta Mart



Sunday Morning Schedule | 9:30 - Traditional Worship | 11:00 - Contemporary Worship | 9:30 & 11:00 - Bible Life Groups (all ages) Great Hills Baptist Church | www.ghbc.org | 10500 Jollyville Road . Austin, Texas 78759 | 512.343.7763

• glass bottles,

So, what can go into that big, blue single-stream recycling bin?

- rigid #1-7 plastic bottles,
- aluminum cans, • steel cans, and
- tin cans.

For detailed information, visit the City of Austin Solid Waste Services website at http://www.ci.austin.tx.us/sws/default.htm.

By Betty Chang changbetty@sbcglobal.net

• most corrugated cardboard,

This list of stuff:

• newspapers,

• magazines,

• office paper,

• catalogs, • junk mail,



JOIN US FOR SOME GOLF AND A GREAT CAUSE!

DATE - Wednesday, May 19th LOCATION - Flintrock Falls Golf Course COST - \$165 per golfer

Honorary Chairs this year will be Garrett Weber-Gale, two-time Olympic gold medal swimmer and Ian Crocker, three-time Olympic gold medal swimmer and former world-record holder in the 100m butterfly!

Special Guest Emcee will be **Bob Fonseca** of the 93.7 KLBJ Dudley and Bob Morning Show

To register online, please visit www.colinshope.org





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- Kids Stuff-

Section for Kids with news, puzzles, games and more! Why Exercise Is Cool

Kids exercise all the time without even thinking of it. Just being active, like when you run around outside or play kickball at school, is a kind of exercise. What else counts as exercise? Playing sports, dancing, doing push-ups, and even reaching down to touch your toes.

When you exercise, you're helping build a strong body that will be able to move around and do all the stuff you need it to do.Try to be active every day and your body will thank you later!

EXERCISE MAKES YOUR HEART HAPPY

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing aerobic (say: airo-bik) exercise.

Aerobic means "with air," so aerobic exercise is a kind of activity that requires oxygen. When you breathe, you take in oxygen, and, if you're doing aerobic exercise, you may notice you're breathing faster than normal.Aerobic activity can get your heart pumping, make you sweaty, and quicken your breathing.

When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job — delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body.

So you want to do some aerobic exercise right now? Try swimming, basketball, ice or roller hockey, jogging (or walking quickly), inline skating, soccer, cross-country skiing, biking, or rowing. And don't forget that skipping, jumping rope, and playing hopscotch are aerobic activities, too!

EXERCISE STRENGTHENS MUSCLES

Another kind of exercise can help make your muscles stronger. Did you ever do a push-up or swing across the monkey bars at the playground? Those are exercises that can build strength. By using your muscles to do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too.

Here are some exercises and activities to build strong muscles:

- push-ups
- pull-ups
- tug-of-war
- rowing
- running
- inline skating
- bike riding

EXERCISE MAKES YOU FLEXIBLE

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels really good, like when you take a big stretch in the morning after waking up. Being flexible is having "full range of motion," which means you can move your arms and legs freely without feeling tightness or pain.

It's easy to find things to do for good flexibility:

- tumbling and gymnasticsyoga
- dancing, especially ballet
- martial arts
- simple stretches, such as touching your toes or side stretches

EXERCISE KEEPS THE BALANCE

Food gives your body fuel in the form of calories, which are a kind of energy. Your body needs a certain amount of calories every day just to function, breathe, walk around, and do all the basic stuff. But if you're active, your body needs an extra measure of calories or energy. If you're not very active, your body won't need as many calories.

Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as excess fat.

EXERCISE MAKES YOU FEEL GOOD

It feels good to have a strong, flexible body that can do all the activities you enjoy — like running, jumping, and playing with your friends. It's also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive.

But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases a chemical called endorphins (say: en-dor-funz), which may make you feel happier. It's just another reason why exercise is cool!

Reviewed by: Mary L. Gavin, MD Date reviewed: February 2009

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006. The Nemours Foundation

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. DUE: May 31st (fill in the blanks) Be sure to include the following so we can let you know! Name: (first name, last initial) Email Address: [This information will only be used to notify you or your parents if your artwork Age: was selected.] CY

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Rombauer Chardonnay	Was \$39.99	Now \$30.99
J Sparkling Cuvee	Was \$32.99	Now \$20.99
Sonoma Cutrer Russian River Chard	Was \$26.99	Now \$20.99
Cuvaison Chardonnay	Was \$26.99	Now \$18.99
Santa Margherita Pinot Grigio	Was \$26.99	Now \$18.99
Mumm Napa Cuvee	Was \$24.99	Now \$17.99
La Crema Chardonnay	Was \$21.99	Now \$14.99
Kim Crawford Sauvignon Blanc	Was \$18.99	Now \$14.99
Clos du Bois Russian River		
Merryvale Chardonnay	Was \$20.99	Now \$12.99
Simi Chardonnay		
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
Simi Sauvignon Blanc		
Edna Valley Chardonnay		
Murphy Goode Sauvignon Blanc	Was \$12.99	Now \$9 . 99

Davenport Village Center Corner of Westlake Dr. and Loop 360 512.732.2900 www.davenportwinespirits.com

We support Austin non-profit organizations including: Austin Children's Shelter I Juvenile Diabetes Foundation I Susan G. Komen Breast Cancer Foundation

Red Wines

	ked 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 \$70.9	99	Now	\$54.	99
	Flowers Pinot Noir	Was \$54.9	99	Now	\$39.	99
	Stags Leap Merlot	Was \$42.9	99	Now	\$29.	99
	Mt. Veeder Cab	Was \$40.9	99	Now	^{\$} 26.	99
	Ferrari-Carano Cab Sauv	Was \$36.9	99	Now	\$19.	99
	Ferrari-Carano Merlot	Was \$32.9	99	Now	\$19.	99
	Franciscan Cabernet	Was \$26.9	99	Now	^{\$} 18.	99
	Franciscan Merlot	Was \$26.9	99	Now	^{\$} 16.	99
	Sterling Napa Cab / Merlot	Was \$23.9	99	Now	^{\$} 16.	99
	Simi Cabernet	Was \$24.9	99	Now	^{\$} 16.	99
	La Crema Pinot Noir	Was \$22.	99	Now	^{\$} 18.	99
	Markham Merlot	Was \$22.9	99	Now	\$16.	99
	Simi Merlot	Was \$24.9	99	Now	^{\$} 14.	99
	Twenty Bench Cabernet Sauv	Was \$20.9	99	Now	^{\$} 14.	99
	Rodney Strong Cabernet / Merlot	Was \$19.9	99	Now	^{\$} 12.	99
	Dynamite Cabernet	Was \$19.9	99	Now	^{\$} 12.	99
	7 Deadly Zins Zinfandel	Was \$18.9	99	Now	\$12.	99
	Estancia Cabernet Sauvignon	Was \$18.9	99	Now	^{\$} 12.	99
	Louis Martini Cabernet Sauv	Was \$18.9	99	Now	^{\$} 12.	99
	Cline Ancient Vines Zinfandel	Was \$18.9	99	Now	^{\$} 12.	99
	Avalon Cabernet Sauvignon	Was \$18.9	99	Now	\$1 0 .	99
	J Lohr Cabernet / Merlot					
	Dynamite Merlot					
	Chateau St. Jean Cabernet / Merlot	Was \$18.9	99	Now	^{\$} 12.	99
	337 Cabernet Sauvignon	Was \$15.9	99	Now	^{\$} 10.	99
	Estancia Merlot					
	Gascon Malbec					
	Liberty School Cab	Was \$13.9	99	. Nov	, \$9 .	99



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