



# Courtyard Caller

OFFICIAL COURTYARD NEWSLETTER

Courtyard Homeowners Association, Inc.

September 2010

Volume 6, Number 9

## Community Picnic

**LABOR DAY WEEKEND  
SAT., SEPTEMBER 4 AT 11 A.M.  
(RESCHEDULED FROM JULY 3)**

Come celebrate Labor Day weekend with your neighbors. Join in the fun on the water slide, moonwalk, clown, and face painting.

Brave the waters of Bull Creek on a canoe or kayak ride. Dine on the finest picnic fare in town.

### INTERESTED IN HELPING OUT???

Contact event chairperson, John Mannix (293-1279) or john.mannix@att.net



## BOARD MESSAGE

Well, we made it through another Texas summer, one that was thankfully much less oppressive and dry than last year's. Hopefully, everyone who went traveling had a safe and happy time. As we head into the fall, we'd like to briefly focus on the importance of residents volunteering their time in support of the Homeowners Association (HOA) operations. As is the case with so many nonprofit organizations, the Board and supporting committees must rely on member volunteers for help to fulfill their functions throughout the year. We can't do it without you. If anyone has a little extra time and would like to help out, please contact any Board member or Committee Chairperson

for more information by phone (See, page 2 of this newsletter) or the website's "Contact Us" page.

Finally, as our days grow shorter and with school is back in session, please remember to drive extra carefully in the early morning hours when our neighborhood children are headed out to school and many residents are out walking or jogging.

Hope to see everyone at the Courtyard's Labor Day Weekend Celebration Picnic – Saturday, September 4 at 11:00 a.m. in the Community Park!

*Your Courtyard Homeowners' Association Board of Directors*

## CATTAIL CLEAN-UP

Over the past several years we've had a growing (literally) problem in the pond area of our community park. Rapid and dense growth of the very shallow cattail marsh has stymied the flow of water into and out of our inlet. Inadequate water circulation has caused the pond to silt in which, in turn, had made the water more cloudy, filling with weeds, and becoming a haven for mosquitos. Besides negatively impacting the water flow, the cattails' unchecked expansion had narrowed the entrance to the main creek near the willow and completely blocked the outlet close to the bank. At its current growth rate, the cattails would be encroaching on our

community dock/pier within a few years. Finally, after our extremely cold winter, the cattails had mostly collapsed in the middle, leaving dead and broken cattails. This middle area was filling with trash, such as styrofoam containers, plastic bottles, and had become attractive to snakes.

After consulting with the City of Austin (City) for ideas to improve the water flow and general condition of the pond area, the City approved removing as much of the marsh as was necessary to clean out our inlet and increase circulation through the use of what it called "mechanical" reduction or cutting

*(Continued on Page 2)*

# COURTYARD CALLER

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 Wolf Court:  
 Tim Sullivan..... 346-3146  
 ..... tsullivan@austin.rr.com

### Cattail Clean-up - (Continued from Cover Page)

by hand. While labor intensive, this method does not introduce chemicals or other types of poisons into the environment. This project was completed in two days in late June by Environmental Survey Consulting. The result was an immediate improvement in circulation of fresh water into and out of our pond area. While additional clean-up is planned sometime this coming winter when the LCRA lowers the river level, the immediate situation is much improved. Compare the before and after pictures. Join your neighbors at the September 4 Community Picnic and see for yourself.



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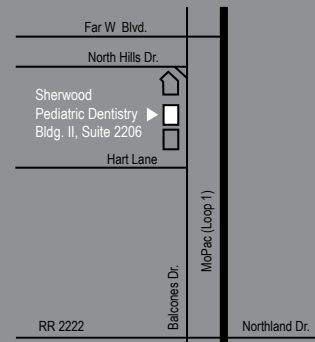
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## OFFICE HOURS

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Monday 9 am - 5 pm  
Tuesday – Thursday 8 am - 5 pm  
Fridays are reserved for surgical procedures.





## COURTYARD BOOK CLUB

*Tuesday, September 14, 1 p.m. -  
Courtyard Tennis & Swim Club*

Austin Mayor's Book Club selection for 2010, *Amigoland*, is also the Courtyard Book Club's discussion book for September. Austin's city-wide reading program is in its ninth year, and the author of this featured book is a familiar member of the local literary scene Oscar Casares, professor of creative writing at the University of Texas. While, *Amigoland* is his first novel, Professor Casares won critical praise for an earlier book of short stories entitled, *Brownsville*. Casares grew up in Brownsville and uses his life experience there to create memorable characters. *Amigoland*, the story of brothers, long estranged over a family disagreement, is rich in heartache and humor. The older of the brothers lives in a nursing home where he is always plotting his escape and thumbing his nose at the rules and regulations. His brother lives just miles away, and yet the two have not spoken in years. A woman who crosses the border daily to work in the home tries to bring the brothers together to explore their past and their opposing recollections of their home and their father.

Since the Mayor's Book Club program ended in April, the libraries are now well stocked with copies of *Amigoland*. Go check out a copy of this slim novel and join in the discussion!

In October, discussion will focus on the runaway bestseller, *The Help* by Kathryn Stockette.

## AUSTIN NEWCOMERS

### *Club September 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 varied fun Interest groups.

**Time:** 11:00 AM Social - 12 Noon Luncheon

**Date:** Sept 15, 2010 (Reservations required by Thurs, Sept 9th)

**For Luncheon Reservations email:** LuncheonDirector@

AustinNewcomers.com or Diane Israelson 512-467-4979

#### **For other Newcomers information**

visit [www.austinnewcomers.com](http://www.austinnewcomers.com) or call 512-314-5100

**September Program:** Dr. Jurgen Streeck from the Department of Communication Studies and German Studies at the University of Texas, Austin September 15, 2010

What nonverbal messages are you sending? We are sending nonverbal messages constantly and sometimes our nonverbal messages are more important than what we actually say! Our next speaker will be Dr. Jurgen Streeck from the Department of Communication Studies and German Studies at the University of Texas, Austin. He also serves on UT's faculty for Foreign Language Education and African and African-American Studies. Dr. Streeck has conducted many studies regarding non-verbal communication and has published several books on the subject. His main area of expertise is the study of face-to-face interactions with a focus on gestures. His studies have delved into cultural differences, which has led him to conducting field research in Germany, the Philippines, Bali and Columbia.

He teaches undergraduate classes on social interaction and visual media, inter-cultural communication, and hip-hop/rap. He also teaches graduate level students on the Analysis of Human Interaction. Dr. Streeck was President of the International Society of Gesture Studies, and serves on the editorial board of Gestures. He is the author of *Gesturecraft: The Manufacture of Meaning*, several books on child communication, and has published many articles. Please join us for an enlightening afternoon and meet new friends.

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October 5, 2010



### *Dear Friends,*

Greetings! It's time again to gather your neighbors and team up with your Law Enforcement Agency to give crime a going-away party.

National Night Out is an annual event held on the first Tuesday of October. National Night Out is sponsored by the National Night Out Association of Town Watch. This past year's National Night Out campaigns involved citizens, law enforcement agencies, civic groups, business, neighborhood organizations and local public officials from more than 9,000 communities from all 50 states, U.S. territories, Canadian cities and military bases worldwide. In all, more than 29.5 million participated in National Night Out last year.

National Night Out is designed to heighten crime and drug prevention awareness, generate support for and participation in local anti-crime efforts, and to strengthen neighborhood spirit and law enforcement – community partnership. But its primary goal is to send a strong message to criminals to let them know neighborhoods are organized and fighting back.

Along with the traditional display of porch lights and front-yard vigils, cities, towns and neighborhoods celebrate NNO with a variety of events and activities such as block parties, cookouts, visits from local law enforcement officers, parades flashlights walks contests and youth programs. NNO has proven to be an effective, inexpensive and enjoyable program to promote neighborhood spirit and police-community partnerships in our fight for safer communities. The benefits that your community will derive from NNO will most certainly extend well beyond the one night.

The Travis County Sheriff's Office has promoted National Night Out for the past 25 years. Our participation has grown from helping with a handful of neighborhood get-togethers to more than 4,000 participants enjoying block parties, carnivals, parades and an assortment of other activities. Our involvement has grown from a couple of crime prevention officers, to dozens of patrol officers, sergeants, lieutenants, captains, majors, county commissioners and the Sheriff.

National Night Out is a great way to get together with your neighbors, find out what's going on in your community and visit with local law enforcement officers about what you can do to help reduce the opportunities for crimes to occur. Participation can be as simple as a small block party, or as big as a parade or carnival. To get involved, or to find out how to register your event for National Night Out, call the Travis County Sheriff's Office at 854-8413 or 854-9770.

***Deputy James Kitchens, Travis County Sheriff's Office  
Community Services & Outreach Unit  
(512) 854-8413, Fax: (512) 854-4719***

# NATURE WATCH

## *Hoppin' Orthoptera*

Take a walk through a meadow on a warm summer day, and you'll no doubt encounter members of the insect order *Orthoptera*: grasshoppers, crickets, and katydids. While their Greek name translates to 'straight wings', these insects are better known for their jumping ability and powerful hind legs that can propel them to 20 times their body length.

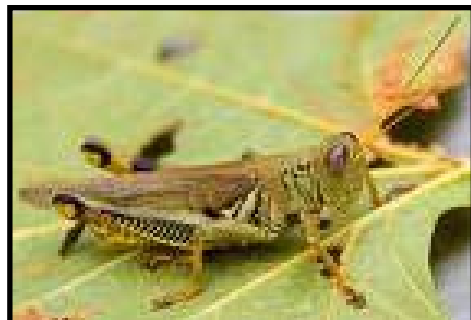
Abundant, large, colorful, and often noisy, orthopterans are unlike other insects in that they undergo an incomplete or gradual metamorphosis. Their simple lifecycle consists of an egg, nymph, and adult, where the nymphs look similar to adults, but lack completely developed wings. Eggs typically hatch in the spring, nymphs develop through the summer, and adults mate and reproduce in late summer and fall, with winter passing

in the egg stage. They have three basic body parts: the head, which contains sensory parts such as antennae, eyes, and mouthparts; the thorax, which contains the legs and wings required for movement; and the abdomen, which bears the digestive and reproductive organs.

The use of sound is crucial in courtship, with each species having its own distinct song. Males attract mates through stridulation, or producing sounds by rubbing the upper and lower wings or the hind leg and wing together creating a vibration that is species-specific. The auditory organs for orthopterans are not located on their heads, however, but on the abdomen for grasshoppers and the front legs of crickets and katydids.

A common group of grasshoppers in Central Texas are the Banded-winged

*(Continued on Page 8)*



**DIFFERENTIAL GRASSHOPPER**



**TREE CRICKET**  
*(Photo: Bastiaan M. Drees)*

**NAMES OF GOD SERIES BY PASTOR DANNY FORSHEE**  
**SUNDAY MORNINGS THIS FALL**

**WATCH LIVE services Sunday mornings or view any time at [www.ghbc.org](http://www.ghbc.org)**

**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](http://www.ghbc.org) | 10500 Jollyville Road . Austin, Texas 78759 | 512.343.7763**

# COURTYARD CALLER

## Nature Watch - (Continued from Page 7)

grasshoppers (*Arphia* sp.). Heavy-bodied with large hind legs and rounded heads with vertical faces, these grasshoppers are typically 1 to 1 ½ inches long, grayish-brown to black and mottled with numerous spots. When they fly, their open hind wings show a bright orange-red, the only give away to the natural camouflage of their grassy habitat. The Differential grasshopper (*Melanoplus differentialis*) is brown to olive-green and yellow and up to 1 ¾ inches long, with black herringbone markings on its legs. It feeds on both grasses and broadleaf plants, although it prefers the latter. A close cousin, the Eastern lubber grasshopper (*Romalea microptera*) is large and has a variable color pattern of yellow, red, and black, showing rose-colored forewings when in flight. Most often found in low moist areas with dense undergrowth, when alarmed this grasshopper will hiss, spread its wings, and secrete a foul-smelling froth from its spiracles, or breathing structures on the sides of its abdomen.



**TRUNCATED TRUE KATYDID**

More often heard than seen, Tree crickets (*Oecanthus* sp.) are whitish to light green, with long antennae and slender bodies. In late summer from dusk into the evening hours, the males begin to chirp, with the rate of the chirp correlating to the outside temperature. If you count how many chirps you hear in 15 seconds and add that to 40, you'll come surprisingly close to the actual air temperature in degrees Fahrenheit. Field

crickets (*Gryllus* sp.) are dark brown to black, about 1 inch long, live in cool, dark areas, and normally emit high-pitched, continuous calls. Those that live in caves are dark brown, have well-developed hind legs, and exhibit a hunchbacked appearance. The Southern mole cricket (*Scapteriscus borellia*) is a subterranean insect, with shovel-like front legs modified for digging. Dull brown and cylindrical, they are poor jumpers but fly at night and are quick runners.

The antennae of katydids are hair-like and at least as long as the body, superbly represented by the True katydid (*Pterophylla camellifolia*). The common name for these green insects is derived from their calls, with the true katydid's call being rendered as a harsh *ka-ty-did, she-did, she-didn't*. Heard from early summer through early fall, it is rivaled only by the rapid, rhythmic but slurred call of the Central Texas leaf-katydid

(Continued on Page 9)

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## Nature Watch - (Continued from Page 8)

or Truncated True katydid (*Paracrytrophyllus robustus*). Living in woodlands and feeding on oaks, an outbreak of these insects can easily defoliate many trees.

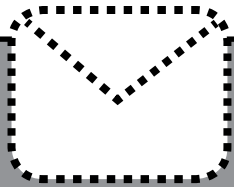
Often, what you can't identify by sight during the day becomes clear when it sings, calls, buzzes, or chirps at night. Immerse yourself in the nighttime soundscape, and hear your way to discovery!

Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them. **If you enjoy reading these articles, look for our book, *Nature Watch Austin*, to be published by Texas A&M University Press in 2011.**

- By Jim and Lynne Weber

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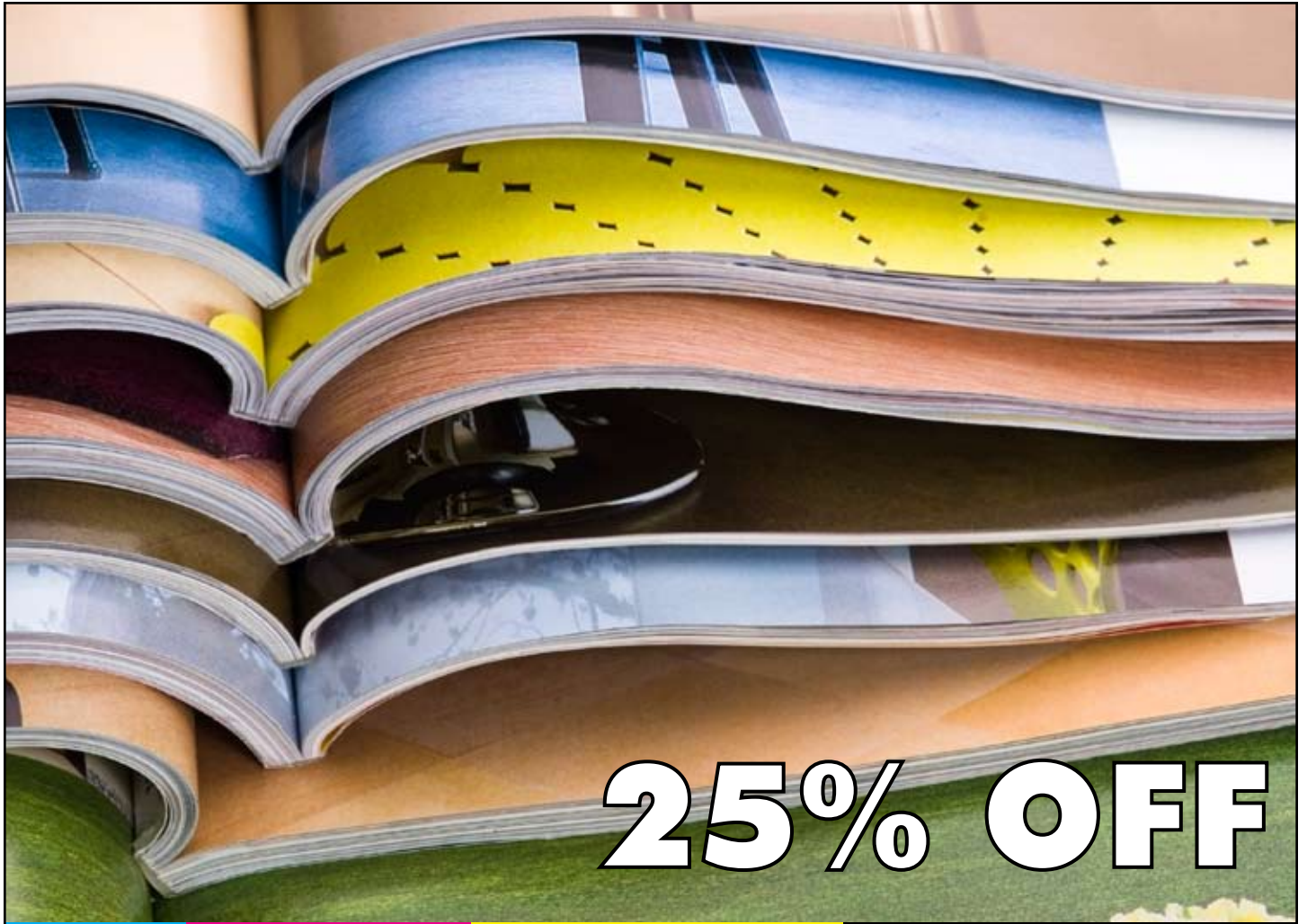
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## BACKPACK BACKACHE

### *How to Lighten Your Child's Load*

This fall parents are sending their children back to school with backpacks full of books, supplies and sack lunches. But is your child carrying too much? A backpack that is too heavy can cause chronic neck, shoulder and back pain, especially if a child walks to school or tends to carry the pack on one shoulder instead of on both.

"A child's backpack shouldn't weigh more than 15 percent of the child's body weight," says Sara Woods, M.D., a pediatrician at The Austin Diagnostic Clinic South. "Choosing the right backpack for a child and teaching him or her how to wear it properly can help prevent posture problems and unnecessary aches."

#### CHOOSING A BACKPACK

Although a child's only backpack criteria may be whether it has his or her favorite cartoon character or if it's a particular brand or color, mom and dad need to consider other features that can help prevent back injuries:

- **Size and weight.** Choose the smallest and most lightweight backpack possible for your child. The pack should not be any wider or longer than the child's back.
- **Adjustable shoulder straps.** Make sure the backpack has wide, padded shoulder straps that can be adjusted to fit your child's frame.
- **Padding.** Firm padding in the back of the pack as well as on the shoulder straps helps keep a child comfortable and can deter slouching.
- **Waist strap.** Look for a backpack with a waist strap, which can help distribute the weight of the pack across the back and hips.
- **Compartments.** Compartments that are evenly spaced around the pack ensure one side doesn't get more overloaded than the other.

#### WEARING IT WELL

No matter how ergonomic a backpack is, it can only prevent injury if it's used correctly. Teaching a child how to wear a pack safely

can help prevent muscle aches, soreness and shoulder pain.

"Most importantly, a backpack should never be worn over just one shoulder, which causes immense strain on the back" says Dr. Woods. "A backpack is meant to be worn over both shoulders and rest snugly against the child's back. The pack should not hang more than a few inches below the child's waist."

If the backpack has a waist strap, the strap should be pulled firmly across the child's bellybutton and not hang low on the hips, Dr. Woods adds.

In addition, teach your child to pack only what he or she really needs. Encourage your child to leave books and binders at school if they aren't going to be immediately used. Athletic equipment and other after-school materials shouldn't be carried around during the school day.

"When packing a backpack, heavier items should be placed on the bottom of a pack and nearest to the back with lighter items on top. Items should also be evenly distributed on the left side and right side of the pack," says Dr. Woods.

#### PREVENTING AND TREATING BACKPACK INJURIES

If your child begins complaining about back or shoulder pain, don't ignore it. Evaluate his or her backpack to ensure it provides enough support. If not, replace the pack and see if the pain resolves itself.

"The best way to prevent backpack-related problems is to keep an eye on your child," says Dr. Woods. "Look to make sure he or she isn't straining to carry the pack or leaning excessively forward or backward."

If your child still suffers from back and shoulder aches and a backpack change doesn't help, it's time to visit your family doctor. In addition to treating any injuries caused by backpack misuse, he or she can recommend back strengthening exercises that can help prevent future problems.

### How Much Weight Can a Child Safely Carry?

Child's Weight (lbs.)	Maximum Backpack Weight (lbs.)*
60	5
60-75	10
100	15
125	18
150	20

\*Weight limits set by the American Occupational Therapy Association, American Chiropractic Association, American Physical Therapy Association and the American Academy of Orthopedic Surgeons.



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5210 S. Scout Island Cir • \$549,000  
The Courtyard



If you are making a move anytime soon,  
I'm ready to help!

Jo Carol Snowden

Broker Associate, ABR, CRS, GRI

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