



Courtyard Caller

OFFICIAL COURTYARD NEWSLETTER

Courtyard Homeowners Association, Inc.

February 2013

Volume 9, Number 2

BOARD MESSAGE

If you missed the annual meeting, you can still volunteer some of your time to the community by signing up on one (or more) of our standing committees. These committees and their chairpersons are listed on page 2 of the newsletter each month. If you don't think you have time to formally join a committee, please give some thought to helping out from time to time, as matters come up – such as Park clean-ups or a social event. Keep an eye out for notices in the Caller, on the website, and watch for event signs posted near the entrances and on street corners. We cannot stress enough how important volunteers are to this community. Their assistance is invaluable to our efforts to keep the Courtyard a beautiful and welcoming place. Perhaps the nicest part of giving a little of your time to work on a community project is that it brings you together with your neighbors and helps you get to know and appreciate each other a little more. To all of you who already volunteer throughout the year, thank you, thank you, thank you! Please keep up your efforts. You make the difference, and you make the Courtyard a great place to live.

If you haven't sent in your annual Homeowners' Association dues yet, please do so as soon as possible. And lastly, please continue to drive slowly and carefully on our streets, especially in the darker times of the early morning and evening.

Drive Safely in the Courtyard

BE MY
VALENTINE!

February 14th 2013



2013 Courtyard Easter Egg Hunt!

SATURDAY, MARCH 30TH

11:00 - 1:00

Don't miss the fun...Plan now to attend the 2013 Courtyard Easter Egg Hunt! Bunnies of all ages bring your baskets and hop on down for some Easter fun! In addition to our annual Easter Egg Hunt we will have a Piñata and great prizes!

We look forward to seeing you there! If you think you will be able to attend, please email or call to let us know how many egg hunters will be in your family/group:

Joany Price (Social Chairperson)

775-8942 joanyprice@gmail.com

Volunteers welcome! Please contact Joany Price if you have time and/or ideas to share for this celebration. A lot of work goes into these socials to make them happen, so all volunteers are greatly appreciated!

LOOKING
FORWARD TO
SEEING YOU
THERE!



CHA BOARD OF DIRECTORS

President, Leslie Craven.....	502-1124, 585-1153 (cell)
Vice President, Ed Ueckert.....	345-6137
Secretary, Cathleen Barrett	817-371-6983
Treasurer, Jim Lloyd	231-0855
Frank Apgar	794-8346, 415-9412 (cell)
Jamie Southerland	394-5529
Waneen Spirduso.....	spirduso@utexas.edu

COMMITTEES

Environmental Control (ECC)

Diana Apgar	415-9412
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Community Park

Eddie Zamora.....	502-9501
Zoli Kovacs.....	761-4242

Welcome

Alice Randolph	394-7218
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Social Committee Chairperson

Joany Price.....	775-8942
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Landscape & Decorating

Ed Ueckert	345-6137
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Security

Jim Lloyd.....	231-0855
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Communications

Leslie Craven	502-1124
Cathleen Barrett (<i>Editor - Courtyard Caller</i>)	531-9821

Compliance

Frank Apgar	794-8346, 415-9412 (cell)
Jamie Southerland.....	394-5529

Kayak Committee

Waneen Spirduso	spirduso@utexas.edu
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Area Development and Zoning Liaison

Bill Meredith	345-0593
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MANAGEMENT COMPANY

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

SUB-HOA CONTACTS

Center Court:

Gary Doucha	401-3105
.....	gmdoucha@yahoo.com

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

Courtyard Book Club

Tuesday, March 1st
1 p.m. in the Courtyard Club

In March the Courtyard Book Club will discuss *Catherine the Great; Portrait of a Woman* by Robert Massie. Massie brings the talents evident in his prize winning *Nicholas and Alexandra* to this biography of Catherine. He writes with historical accuracy and a mastery of detail in a readable style that captures the drama in Catherine's extraordinary life.

After being summoned to Russia at age 14, Sofia, a minor Prussian princess, used her time awaiting enthronement to educate herself in philosophy and world affairs. In Russia she became Catherine, learned the language and culture, and went on to become the world's richest and most powerful woman, ruler of the world's largest empire. She was a follower of the French Enlightenment philosopher, Montesquieu and proposed changes in the manor system allowing more freedom for serfs. However, she learned that her survival ultimately depended on the nobility; and the later years of her rule were despotic. The Wall Street Journal review notes that while there is little new to be learned about Catherine from Massie's biography, the book is "...a great story in the hands of a master storyteller."

In April the Book Club will read *The Elephant Whisperer*. African conservationist, Lawrence Anthony, was asked to accept a herd of "rogue" wild elephants on his game reserve in Africa. His common sense told him to refuse, but he was the herd's last chance of survival. They would be killed if he did not take them. The book is a heartwarming, humorous, and instructive record of his experiences with these elephants.

For information about the Courtyard Book Club
contact Jean Heath,
c.jeanheath@gmail.com or 512-231-9412.



Oak Wilt Disease In Central Texas

Oak Wilt, a systemic fungal disease, is the most destructive disease affecting live oaks and red oaks in Central Texas. The fungus causes the water conducting vessels of oaks to become clogged, reducing the flow of water up the tree. While all oak species are technically susceptible, live oaks and those in the red oak group are the most vulnerable, while those in the white oak group (such as bur, post, chinquapin, or monterrey) are more resistant. In Central Texas, the disease has been most devastating for live oaks because of their tendency to grow large interconnected root systems. Once infected, live oaks generally die in three months to a year.

The nitidulid beetle often spreads the oak wilt disease. According to the Texas Forest Service, in early spring (considered February 1 through June 30) the beetles that spread the disease become active, and exposed cuts are vulnerable. Pruning should be delayed until midsummer (after June 30 and before February 1) when the insects are less active.

Oak wilt presents differently in different species. In live oaks, the leaves usually develop yellowed veins that eventually turn brown, a process called veinal necrosis. Many homeowners first notice oak wilt symptoms when the leaf veins are necrotic, but the spaces

between veins are still green. In many cases, symptoms also include tip burn, scorching of the leaf margins, and interveinal chlorosis. In red oaks, the foliar symptoms of oak wilt are less predictable, but generally involve the browning or yellowing of leaves from the outer margins progressing inward.

Please refrain from trimming your oak trees and other hardwood trees from now until July of this year. ***Trimming trees, especially oaks, should be avoided from the beginning of February through the end of June !!!***





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May 2013 Neighborhood Garage Sale

Here's a reminder to begin thinking about and preparing for the May 2013 Neighborhood Garage Sale to be held on Saturday, May 4th (Rain day – May 11th). It's easy.... while doing your spring cleaning just gather up items for the sale and the Homeowners Association will do the rest! We will advertise in the Austin American Statesman and will put out signs in the neighborhood. If you want a sign placed near your home to direct potential buyers, we'll do that too. If you like, we also have an arrangement with Settlement Home for Children (<http://www.settlementhome.org/>) to come by and pick up any "leftovers" from the sale that day as a donation. Just contact Joany Price (775-8942 or joanyprice@gmail.com) or Dana Ivers (497-0642 or dana.ivers1@yahoo.com) if you have any questions or to reserve a sign.

Valentine's Day Quotes for the Love Holiday

- "Nobody will ever win the battle of the sexes. There's too much fraternizing with the enemy." - Henry Kissinger
- "Love is being stupid together." - Paul Valery
- "Love is an electric blanket with somebody else in control of the switch." - Cathy Carlyle
- "Lord! I wonder what fool it was that first invented kissing." - Jonathon Swift
- "Love is a game that two can play and both win." - Eva Gabor
- "Love puts the fun in together, the sad in apart, and the joy in a heart." - Author Unknown
- "Falling in love is so hard on the knees." - Aerosmith
- "Give me a thousand kisses, then a hundred, then a thousand more." - Catullus
- "Anyone can be passionate, but it takes real lovers to be silly." - Rose Franken
- "Men have died from time to time, and worms have eaten them, - but not for love." - William Shakespeare
- "I love you like crazy, baby 'Cuz I'd go crazy without you." - Pixie Foudre
- "I don't understand why Cupid was chosen to represent Valentine's Day. When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon." - Author Unknown
- "Like I've always said, love wouldn't be blind if the braille weren't so damned much fun." - Armistead Maupin, *Maybe the Moon*
- "What the world really needs is more love and less paper work." - Pearl Bailey
- "True love comes quietly, without banners or flashing lights. If you hear bells, get your ears checked." - Erich Segal
- "Love - a wildly misunderstood although highly desirable malfunction of the heart which weakens the brain, causes eyes to sparkle, cheeks to glow, blood pressure to rise and the lips to pucker." - Author Unknown
- "Valentine's Day is when a lot of married men are reminded what a poor shot Cupid really is." - Author Unknown
- "Without love, what are we worth? Eighty-nine cents! Eighty-nine cents worth of chemicals walking around lonely." - M*A*S*H, Hawkeye
- "Love is much nicer to be in than an automobile accident, a tight girdle, a higher tax bracket or a holding pattern over Philadelphia." - Judith Viorst, *Redbook*, 1975
- "If love is blind, why is lingerie so popular?" - Author Unknown



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Joany Price

Realtor, CLHMS

*Your Courtyard Neighbor
& Tennis Club Member*



Joany Price

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jprice@cbunited.com • www.cbunited.com/Joany.Price



Home Athletics Schedule February/March 2013

DATE	SPORT	OPPONENT	TIME
2/1	BB	Lubbock Christian	4:00 p.m.
2/2	BB	Lubbock Christian	1:00 p.m.
2/7	WBB	Texas Lutheran	5:30 p.m.
	MBB	Texas Lutheran	7:30 p.m.
2/9	WBB	Schreiner	1:00 p.m.
	MBB	Schreiner	3:00 p.m.
2/14	WBB	Sul Ross State	5:30 p.m.
	BB	Texas Lutheran	7:00 p.m.
	MBB	Sul Ross State	7:30 p.m.
2/15	BB	Sul Ross State	10:00 a.m.
	SB	Trinity (DH)	4:00 p.m.
2/16	BB	Ozarks	10:00 a.m.
	WBB	Howard Payne	1:00 p.m.
	MBB	Howard Payne	3:00 p.m.
	BB	Howard Payne	4:00 p.m.
2/17	BB	Texas-Dallas	12:00 p.m.
	SB	George Fox (DH)	2:00 p.m.
2/22	BB	Louisiana College	7:00 p.m.
2/23	BB	Louisiana College (DH)	1:00 p.m.
3/8	SB	Mary Hardin-Baylor (DH)	5:00 p.m.
3/9	SB	Mary Hardin-Baylor (DH)	2:00 p.m.
3/12	BB	Dallas (DH)	3:00 p.m.
3/22	BB	Sul Ross State	7:00 p.m.
3/23	BB	Sul Ross State (DH)	1:00 p.m.
3/28	SB	Texas Lutheran (DH)	2:00 p.m.
3/28	BB	Mary Hardin-Baylor	7:00 p.m.
3/29	BB	Mary Hardin-Baylor (DH)	1:00 p.m.
3/29	SB	Texas Lutheran (DH)	2:00 p.m.

MBB (Men's Basketball)

WBB (Women's Basketball)

BB (Baseball)

SB (Softball)

**CTX Athletics is Now
Accepting Tornado Club
Applications!!!**

For up-to-date information about CTX
Athletics, please check out our website at:

athletics.concordia.edu

The Month of February

February, the second month of the Gregorian calendar, was named after Februalia, the Roman festival of purification. Originally, February was the last month of the Roman calendar.

February Birthstone: The Amethyst

Amethyst is purple quartz, a beautiful blend of violet and red that can be found in every corner of the earth. Historically, the finest amethysts were found in Russia and were featured in much royal European jewelry. Today, while Brazil is the primary source of this gemstone, fine material can be found elsewhere, especially in Zambia.

February Birth Flower: The Violet

The word 'Violet' comes from the Latin name 'Viola'. Ordinary Violets, Common Blue Violets, Sweet Violets and Garden Violets are some of the popular varieties of violets. Most Violets are small perennial plants, but a few are annual plants and some are small shrubs. The violet symbolizes faithfulness, humility, and chastity.

February Fruits and Veggies:

Oranges, Star Fruit, Calabaza Squash, Chayote Squash, Bitter Melon

February Holidays:

February is American Heart Month, American History Month, Black History Month, Children's Dental Health Month, International Friendship Month, National Cherry Month, National Embroidery Month, National Grapefruit Month, National Snack Food Month, National Wild Bird Feeding Month, and Responsible Pet Owners' Month.

Saturday, February 2, 2013: Groundhog's Day

Sunday, February 3, 2013: Super Bowl XLVIII

Wednesday, February 13, 2013: Ash Wednesday

Thursday, February 14, 2013: Valentine's Day

Monday, February 18, 2013: President's Day



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HEADACHES

Submitted by Dr. Jeff Echols

I've been treating headaches for over 25 years and I believe they are very misunderstood by the general public.

It's only human nature to have a reason for why something is occurring, so when people get a headache they usually try to determine the reason for their headache. Some of the reasons I hear are quite amusing. "My husband gives me a headache, ...my boss, ...my kids." "I sit at a computer all day and THAT is the reason I have a headache." Sometimes people think that headaches are just normal and everyone gets them. I can assure you that headaches are not normal. Headaches are a sign that there is something wrong. Just like all symptoms are signs that something is wrong.

Headaches can be caused by a lot of different things. They can be caused by exotic and dangerous things like a brain tumor, but more often they are caused by common things. The most common reason is pressure on the nerves of the neck that radiate back into the head. When the bones of the spine are misaligned it will put pressure on the delicate nerves that exit the spine. This will in turn cause the muscles of the neck and shoulders to become

tight and develop knots in them. You can actually reach up and feel the knots in your muscles. These knots are not normal and are a sign of spinal misalignment and soft tissue damage. Once the spinal misalignments are corrected the muscles relax more and the headaches are gone. Just for fun, I sometimes ask a headache patient when was the last they had a headache, once they have had their spine corrected. They will usually say something like "Gosh I haven't had a headache in months". I will ask them if they got divorced and they will look at me funny and say "NO, why?" You said your husband was the cause of your headaches! "Oh I guess I was wrong!"

So headaches are not normal, but are very common. They're usually caused by nerve pressure built up in the neck which causes tight muscles in the neck and shoulders. They can usually be corrected with gentle chiropractic therapy. You should get this checked even if the headaches are mild because if the bones of the spine are misaligned it will cause arthritic changes to form in the bones of the spine which will limit your ability to move and bend as well as other difficulties. Be proactive about your health.

\$20

"All you can
eat" St. Louis
Ribs

3rd Annual Tuesday February 26th

6:30 - 9:00 PM

Rib Eating Contest 7:30 - 7:45 PM

- ★ Round Rock I-35: Round Rock High School
- ★ 620 Four Points: Vandegrift High School
- ★ 360 South: *Defending Champions* Westlake High School
- ★ 183 North: Anderson High School
- ★ Former Longhorns & current NFL players will serve as honorary "Rib Eating Coaches"
- ★ Help local high school teams as they compete for the "Rudy's Golden Rib Trophy" for most ribs eaten!

20 "All you can eat for St. Louis Ribs only. All drinks, sides, desserts, and other meats are at regular price and are not part of charitable proceeds. Please no sharing of "All you can eat St. Louis Ribs" - it's for a good cause folks! Offer not included for take home orders.



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HEART HEALTHY LIFESTYLES

By: Concentra Urgent Care

Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

WHAT CAN YOU DO TO LIVE HEART HEALTHY? THE AHA RECOMMENDS:

- Eating a healthy diet
- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat
- Exercising regularly
- 20-to-60 minutes per day, 3-to-5 times per week
- Avoiding tobacco products and tobacco smoke
- Limiting your alcohol intake
 - Women: 1 drink per day (maximum)
 - Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in

heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

WHAT SHOULD BE INCLUDED IN A FAMILY HISTORY?

- Any known congenital or hereditary disorders
- Major illnesses
- Chronic ailments or risk factors
- Smoking
- Obesity
- Alcohol problems
- The cause and age of death of any deceased relatives
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at www.AmericanHeart.org.

SUDOKU

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

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Jo Carol Snowden

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