



# BOERNE *Heights*



OCTOBER 2018

VOLUME 2 ISSUE 4

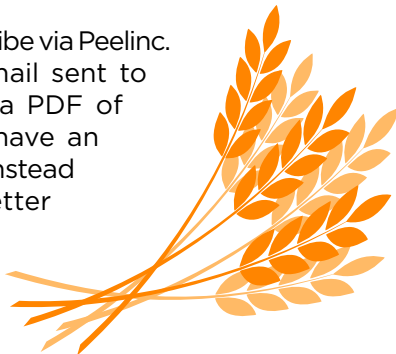
## Welcome TO BOERNE HEIGHTS

*A Newsletter for the  
Boerne Heights Community*

Boerne Heights is a quarterly newsletter mailed to all Boerne Heights residents. Each newsletter will be filled with valuable information about the community, local area activities, school information, and more.

If you are involved with a school group, play group, scouts, sports team, social group, etc., and would like to submit an article for the newsletter, you can do so online at [www.PEELinc.com](http://www.PEELinc.com). Personal news (announcements, accolades/ honors/ celebrations, etc.) are also welcome as long as they are from area residents.

**GO GREEN!** Subscribe via [Peelinc.com](http://Peelinc.com) to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!



### Annual Boerne Heights Garage Sale

Saturday, October 13th  
8AM - 12 NOON

FALL CLEANING  
IS THE NEW  
SPRING CLEANING

### Volunteers Needed!



Boerne Heights needs your help! We need volunteers to help with upcoming neighborhood events:

Our **Annual National Night Out**, Tuesday, October 2th. If you would like to be a part of this great neighborhood event, please contact our community manager, Nancy Bowling at: [Nancy.Bowling@fsresidential.com](mailto:Nancy.Bowling@fsresidential.com)

#### Boerne Heights Holiday Decorations

We need a few volunteers to help put up Christmas lights in the median to brighten our neighborhood for the upcoming season. If you would like to help with this, please email Nancy Bowling, our community manager at [Nancy.Bowling@fsresidential.com](mailto:Nancy.Bowling@fsresidential.com)



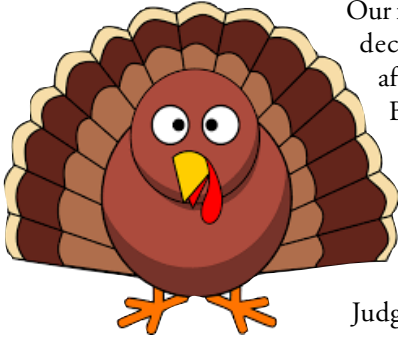
## **HALLOWEEN DECORATING CONTEST!**

Help our neighborhood get in the spirit of things!

Boerne Heights' First Halloween Decorating Content is coming!

Bring out those fun, yet maybe a little eerie decorations for the whole neighborhood to enjoy! Judging will take place on Monday, October 22nd. Have them up and ready because the winner will receive a \$25 Visa gift card!

# Get Ready for the Next Decorating Contest!



Our first "Fall" or Thanksgiving decorating contest will be after the Halloween one for Boerne Heights! Put out those turkeys, pumpkins, hay bales... whatever comes to your mind when you think of fall and Thanksgiving.

Judging for this contest will be on Monday, November 19th.

\$25 Visa Gift Card for the winner of this contest!

# Boerne Heights' 2nd Annual Christmas Decorating Contest!



Time to really go all out! Make our neighborhood sparkle more than any others in town! Judging for this contest will receive a \$50 Visa gift card!

# Good Job Boerne Heights!

Did you know that our neighborhood is one of the cleanest and best-kept neighborhoods within our property management, First Service Residential? Thanks to all for helping keep our neighborhood one of the best in Boerne!

Questions or concerns? Contact Nancy Bowling, our community manager at: Nancy.Bowling@fsresidential.com or call 210.582.6000



**DIRECTOR OF COMMUNITY MANAGEMENT**

**NANCY BOWLING**  
Nancy.Bowling@fsresidential.com



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HILL COUNTRY ANIMAL LEAGUE AND THE CITY OF BOERNE PRESENTS THE 6TH ANNUAL



SATURDAY

**OCTOBER 20TH**

**MAIN PLAZA 10AM-4PM**

**10AM-4PM CHILI COOK OFF & ADOPTION EVENT**

**11AM-12PM MUTT STRUT**

**12:30PM-1:30PM WEENIE RUN**

Proceeds collected through the Chili Cook Off and Mutt Strut will go to subsidize the cost of spay/neuter surgeries for dogs and cats coming to our clinic in Boerne.

For more information: | [hcaltx.org](http://hcaltx.org) • 830.249.2341

Food Trucks • Bouncy House • Live Music • And More!

## 10 Tips for a Healthy Fall

by Laura McMullen

### See ya, summer.

Welcome back, short days, crisp air and colorful leaves. Think of the new season as a fresh start to your healthy habits. Stow away the swim suit and dust off the sweaters for apple picking. Enjoy the seasonal produce that makes this season so tasty. And celebrate the holidays like a health pro – by enjoying foods without overindulging. Here's how to enjoy your healthiest autumn yet.

### Think beyond pies and jack-o-lanterns.

All hail The Great Pumpkin! The pulp of this fall favorite is dense with vitamins A and C, and its tasty seeds, called pepitas, are rich in phytosterols, which may help to lower cholesterol. With all the health benefits of pumpkins, don't they deserve to be more than a craft project that rots a few weeks later? Check out Eat + Run blogger Keri Glassman's recipes for roasted pepitas, pumpkin spread and roasted pumpkin, plum and pecan spinach salad.

### Get your flu shot.

Want to spend a week of autumn cooped up at home, suffering from fever, fatigue and aches? Didn't think so. According to the U.S. Centers for Disease Control and Prevention, "The single best way to prevent the flu is to get a flu vaccine each season." And no, no, no, the flu vaccine cannot give you the flu.

### And while you're at it, steer clear of the common cold, too.

Hydrate with tons of water throughout the day, and your immune system will thank you. The foods you eat can also help prevent the cold. Yogurt, with all its probiotic glory, has been shown to boost the immune system, and one serving of seaweed packs more vitamin C than an orange. Another immunity booster? The aforementioned autumn favorite: pumpkins.

### Sign out of Facebook, ditch the fall lineup and head outside.

The leaves are bright on the trees and satisfyingly crunchy under your feet. The (usually) moderate temperature is a reprieve from the sweltering summer and a gift before the frigid winter. What better season to throw on a beanie and head outside? Plus, spending time outdoors increases your vitamin D levels, makes you happier and improves your concentration, according to Harvard Medical School.

### And while you're outside, get a workout.

Take in the changing scenery on a run, hike or bike ride. Join an intramural fall sport, such as flag football, soccer or Ultimate Frisbee. Want a workout that's a little less intense? Consider this: For a 150-pound person, 30 minutes of raking leaves, 30 minutes of planting and weeding and 30 minutes of playing with the little ones each burn roughly 150 calories.

### Scare off those Halloween candy cravings.

Maybe don't swear off every candy corn kernel – where's the fun in

that? Just don't morph into a sugar zombie. If you buy candy for trick-or-treaters, buy only enough for the kids. And wait until Halloween day to buy the candy, so the in-house sweets aren't haunting you throughout October. If you buy the candy sooner, keep it out of sight in a cupboard.

### Eat like an athlete – not a couch potato – on game day.

"My favorite football player outperformed another skilled athlete. I'll celebrate his fitness by eating five servings of greasy potato chips!" Not this season. Set out raw veggies and dip instead of chips, and you'll graze much more healthfully. Eat + Run blogger Keri Gans suggests other simple improvements to game day favorites, such as cutting pizza into smaller slices, doling chili into cups instead of bowl-sized portions and more.

### Buy in-season veggies, such as beets, broccoli and Brussels sprouts.

Not to mention cabbage, carrots, cauliflower, eggplant, kale and squash. An abundance of tasty autumn vegetables makes it easy to reap the benefits of a plant-based diet, such as diabetes prevention, hypertension control, heart health and more. Eat + Run blogger Rebecca Scritchfield believes the best way to enjoy fall veggies is by roasting them with just a little oil, salt and pepper.

### Enjoy a healthier Thanksgiving.

Start Turkey Day with a protein- and fiber-packed breakfast, which will boost metabolism and help prevent sugar cravings, says Eat + Run blogger Heather Bauer. Then make a plan before the big meal, Glassman adds. Don't mindlessly grab heaps of every dish available. Think through which you could do without, and which you really want – and for the latter, practice portion control.

### Give back.

Ideally, we're giving yearlong, but what better reminder to boost our good deeds than Thanksgiving? Giving takes many forms, big and small, so the possibilities are endless. Give your co-workers a sweet surprise by bringing treats to share. Give older people some attention by visiting them at the nursing home. Simply give your fellow driver a break by letting him merge into your lane.



## Tips for Packing a Healthy School Lunch

by Stephany Pando, *cooksarts.com*, edited for space



Packing lunches for your back-to-schoolers is no easy task. It takes time and planning. Plus, every parent knows that just because you pack it, doesn't guarantee your kids will actually eat it.

However, this doesn't mean you have to fill your kids' lunchboxes with pizza and cookies everyday. Below we offer 5 tips for how to pack a nutritious lunch that your kids will look forward to eating and you'll feel good about giving them.

### Tip #1: Get Your Kids Involved

- Give your kids healthy food options from each food group and let them make the final decisions on what goes in their lunch.
- Take your child grocery shopping with you and let them have a say (to a certain extent) in what goes into the cart. This promotes feelings of responsibility and empowerment.
- Designate a part of your kitchen as the "lunch packing station" and spend some time there with your kids the night before to get lunch ready for the next day.

### Tip #2: Turn Healthy Foods into Fun Foods

- Use cookie cutters to make shapes out of bread, deli meat, cheese, or a melon-baller for fruit.
- Use kid-friendly skewers to make colorful food kebabs.
- Create a theme for the day and have all of the foods in their lunch relate to the theme

### Tip #3: Make Your Own Snacks – and limit processed ones

Kids rely on snacks to keep their energy up, but the type of snack is important to consider. Packaged snacks tend to lack important nutrients and can be high in sugar, sodium and saturated fats. Take control of what is in your kids' snacks by making them yourself!

### Tip #4: Incorporate All Food Groups

A balanced diet includes all of the food groups. Luckily, there are so many different ways to enjoy each food group:

- Fruits: fresh, frozen, dried, canned, baked (think apple chips!) or pureed.
- Vegetables: fresh, frozen, or baked (think kale chips!)
- Lean protein: baked chicken, deli meats, hard boiled eggs, beans or nuts (be aware of nut allergy regulations at your child's school).
- Low-fat dairy: milk, cheese or yogurt
- Whole Grains: pita, sandwich bread, tortillas, wraps, and pastas

### Tip#5: Encourage Hydration

It's recommended that school-aged kids drink between 6-8 cups of water a day (even more in hot weather or if their activity level is high).

- Let your child pick out their favorite water bottle and encourage them to drink the whole thing at least twice at school. They'll be more inclined to do it if they feel like they are completing a challenge!
- If the "flavor" of water is too boring for them, throw in a few pieces of frozen fruit to sweeten it up – and keep it cooler.

With these tips in mind, you and your child are ready to start out the school year on the right foot. Good luck – and happy packing!



**Please remember to pick  
up after your pets and  
"scoop the poop"**

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*From Midwest Living*

## INGREDIENTS

2 cups all-purpose flour	1 cup chopped cored apple
½ cup butter, softened	1 cup granulated sugar
2 eggs	1 tsp vanilla
1 tsp baking soda	½ tsp salt
1/3 cup orange juice	1/3 cup chopped cranberries
2/3 cup chopped walnuts	1/3 cup packed brown sugar
2 Tbsp all-purpose flour	1 tsp finely shredded lemon peel
1 Tbsp butter, melted	

## DIRECTIONS

1. Grease bottom and 1/2 inch up sides of a 9x5x3-inch loaf pan; set aside. In a small bowl toss 2 tablespoons of the 2 cups flour with the apple; set aside. In a large mixing bowl beat 1/2 cup butter with an electric mixer on medium speed for 30 seconds; gradually beat in granulated sugar until combined. Beat in eggs and vanilla. Combine remaining flour with baking soda and salt; add to beaten mixture alternately with milk or orange juice. Stir in apple mixture, cranberries and 1/3 cup of the walnuts. Spoon into prepared pan, spreading evenly.
2. In a medium bowl combine brown sugar, 2 tablespoons flour, lemon peel, 1 tablespoon melted butter and remaining nuts; sprinkle evenly over batter in pan. Bake, uncovered, in a 350 degree F oven for 55 to 60 minutes or until a toothpick inserted near the center comes out clean.
3. Cool in pan on wire rack 10 minutes. Remove from pan and cool completely on wire rack. Wrap and store overnight at room temperature before slicing. Makes 12 servings.

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Sales Representative



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Peel, Inc. - Kids Club

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We will select the top few and post their artwork on our website at [www.peelinc.com/index.php/kids-club](http://www.peelinc.com/index.php/kids-club)

DUE: October 31st, 2018

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

Name (first name, last initial): \_\_\_\_\_ Age: \_\_\_\_\_



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