



COLOVISTA NEWS

A COLOVISTA PROPERTY OWNERS ASSOCIATION PUBLICATION ❖ NOVEMBER/DECEMBER 2012


2012 POA ANNUAL MEETING

The Annual Meeting of the ColoVista Country Club Property Owners' Association will be held at **7:00 p.m. on Monday, November 19th at the First National Bank, 489 Highway 71, Bastrop, TX 78602.** Sign-in will begin at 6:15 p.m. The Association is a not for profit corporation chartered under the laws of the State of Texas and, as such, is required to hold an Annual Meeting.

To conduct a homeowners meeting, a quorum of 51% of the members must be represented in person or by proxy. In order to ensure a quorum is achieved **please** sign and date the Proxy you will be receiving and return it by November 18, 2012 by mail, email smurphy@allianceonline.net, or via fax at 512-328-6178 to Alliance Association Management, Inc., even if you plan to attend, as unforeseen circumstances do occur. The Proxy will be returned to you upon your arrival at the meeting should you attend. Sending in your Proxy is extremely important to our democratic process. This is your responsibility and your opportunity to make your voice heard. We should have 100% member participation with Proxy submissions.

If you would like to nominate someone for election, the candidate must be a member of the association and willing to serve as a Trustee for two years. Please notify the Board's Secretary, Mark Ripley at mripley777@gmail.com with the nominee's name and person seconding, before November 18, 2012. Please also make sure the nominee has agreed to run and filled in the Candidacy Statement (enclosed in the official notification letter).

With all the changes taking place at ColoVista and the excitement over the upcoming lease of the golf course, it is very important that you attend the annual meeting. This is your best opportunity to make your voice heard, express your concerns, meet your fellow members, and to help chart the direction you want your community to grow.

We look forward to seeing **all of you!** 

GOVERNING BY REPRESENTATION

Community associations are a representative form of government founded on the principle of elected individuals representing the people. Much of our country is based on the principles of representative democracy. It starts with organizations like community associations and progresses through our schools boards, city governments, county governments, state governments—all the way to the federal government. We vote for a person, or persons, who will act on our behalf.

In order to represent their community well, board members need to know how their constituents feel about what is best for the community. There are several ways for them to get this information. One is when property owners attend board meetings and express their opinion. Many make time to hear from property owners at each board meeting. But, it's up to you to attend meetings, voice your opinions, and participate in the exchange of ideas with the Board. Another way, of course, is to call any of your board members and discuss your ideas, concerns and suggestions.

The ColoVista POA's annual meeting is scheduled for November 19, 2012. Four of the current Trustees will be completing their two year terms on the 19th. All four Trustees have indicated they will volunteer to represent the community for another two year term if they are so re-elected. If you would like to be a candidate or if you have someone you would like to nominate, be sure to register with the Board's Secretary, Mark Ripley or Alliance Management Company before November 16th.

HELP NEEDED

It's time to gather information and advertisement "goodies" for the Welcome Bags, which are given to new property owners. Approximately 15 bags will be made. If you have something that you would like included in the Welcome Bags, please contact Jo Garoutte at 512-988-9433.



Welcome to the Neighborhood!

Ed & Roula Awad
106 Elm Court




The Awads are currently residing in Giddings, Lee County. They purchased their new home on Elm Court in June however, due to remodeling they have not completely moved in. Ed and Roula are blessed with three children Julia, Nicolas and George

who attend Immanuel Lutheran School in Giddings. Ed and Roula immigrated from Lebanon in the 80's. The Awads own and operate Lee County Petroleum, Inc with headquarters in Giddings. Ed is an A&M graduate in Engineering and Roula in Early Childhood Education.

They are looking forward to making Bastrop their new home and living in the great ColoVista! They are happy to live in a friendly and family-oriented neighborhood. Please feel free to contact call Ed at 512-627-7353 or e-mail ed@leecounty petroleum.com.

Randy, Holly & Miranda Fritz
127 McCarthy Drive

Holly, Miranda, and Randy Fritz are new residents in ColoVista, having relocated from their home on Cottletown Road that burned in the wildfire. Randy was Bastrop County Judge from 1991-1994 and is currently an independent consultant on state health policy issues. Holly is the former owner of Smooth Moves dance studio in Smithville and is enjoying retirement. Miranda is a student at Austin Community College and the Bastrop Works program administered by the Bastrop Independent School District. 

ATTENTION DOG OWNERS



Here's a friendly reminder: Be a responsible dog owner and pick up after your dog. Attach a plastic bag to the dog's leash. When you take your dog(s) for a walk the bag will be there when you need it. Your neighbors will appreciate seeing the plastic bag and they will commend you for your efforts in maintaining the community.

Living Is...

FROM BETTE RIPLEY

There comes a time when you walk away from all the drama in life and from all the people who create it. You surround yourself with people who make you laugh, make you forget the bad, and help you focus on the good. You love the people who treat you right and you pray for the ones who don't. Life is too short to be anything but happy. Falling down is part of life getting back up is living.

IMPORTANT INFORMATION FOR COLOVISTA LANDLORDS AND TENANTS

If you are an owner who leases your unit, we'd like to make the leasing experience successful and positive for everyone by informing you of your responsibilities. This will help preserve your property value specifically and maintain the association's property value in general.

Your tenants may not be familiar with common-interest community living. Please take a few minutes to explain to them that living in a community association is very different from living in a rental apartment community. Specifically, your tenants, like all residents, are subject to the rules and regulations of the association, and it's up to you to educate them and see that they comply. The association will assist you in this area, but the responsibility lies with you. We recommend you provide your tenants with written copies of all policies and rules and advise them on the proper use of the association's facilities. You can obtain copies of these and other useful documents by downloading them at www.colovistapoa.com.


We strongly recommend that you have a written lease agreement with your tenant. As landlord of a home in a community association, the lease you use must require tenants to comply with the association's governing documents. In the event your tenant fails to comply with these documents, including the bylaws, or its rules and regulations, a representative of the association will first contact your tenants in an attempt to remedy the problem. The association will send you a copy of any notice sent to your tenant.

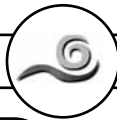
If the tenant does not correct the violation, the association will contact you and expect you to remedy the violation using the recourse available to you through your lease agreement. If you are unable to correct the violation, the association may pursue appropriate legal action against the tenant, and possibly against you.

The association asks that you provide the manager with the names and contact information of your tenants. The association will add you tenants to its mailing list, and they will receive the newsletter, notices of social activities, and general association-related information. This information will also be used in case of emergencies, especially if they elect to sign up for the free emergency notification service provided by the POA.

Follow these simple steps and you, the tenants, and the association will all have a positive community association living experience:

- Provide your tenants with copies of association rules.
- Educate tenants about the need to follow association rules, and see that they comply.
- Advise tenants on the proper use of association facilities.
- Use a written lease agreement.
- Make sure your lease requires tenants to comply with all association governing documents.
- Provide the association with contact information for you tenants.

Renters: If you don't have a copy of the association's rules or you would like more information about the association, please contact the Property Management Company at 512-347-2888. 



COLOVISTA NEWS

COLOVISTA POA BOARD OF TRUSTEES 2012

- Carson Stephens, President**.... stephens@carsonstephens.com
- Gary Stevens, Vice President**..... gsbowdengs@yahoo.com
- Mark Ripley, Secretary** mripley777@gmail.com
- Kelly Roberts, Treasurer**..... croberts@austin.rr.com
- Catharine Gryder, Trustee** clynchtravels@yahoo.com
- Matt Morais, Trustee**..... mmorais@comcast.net
- Steve Stamper, Trustee**..... steve.stemper@hyatt.com

ColoVista's Property Manager
 Alliance Association Management, Inc.
 2300 Greenhill, Bldg. 10, Suite 1010
 Round Rock, Texas 78664
 info@allianceonline.net
 Customer Service 512-347-2888
 Fax 512-328-6178

NOTIFICATION OF REGULAR POA MONTHLY MEETING

The ColoVista Country Club Property Owners Association Board of Trustees holds its regular monthly meeting on the first Tuesday of every month at 10 a.m. at the First National Bank of Bastrop, 489 Hwy. 71 W. Bastrop, TX 78602. Any changes to that schedule will be posted on the ColoVista community bulletin boards.

Articles compiled by Mark Ripley unless otherwise stated.

We appreciate your participation, send articles to mripley@austin.rr.com.

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The President's Corner

As we head into fall and move toward the fall holidays—Hallowe'en, Thanksgiving and Christmas—my mood veers toward nostalgia. Perhaps it's the cooler air giving relief from the torrid summer, or maybe the colors of autumn bring it on. It could be the sound of football that takes me back to that old familiar feeling of assurance that the family will soon be gathering. The air in the warm house will waft with the smells of Thanksgiving. The tree will be decorated and children will collect around unopened packages, eager to expose the mystery that lies within.

It is these treasures—family, faith, and friends—that are truly mysterious. Why do they touch us so, and why are they so important to us? Why do we need them? And, why do they give us peace? How can Grandpa snooze in his easy chair while all the noise and chaos of children swirl around him in high fidelity surround-sound? Because, his heart and stomach are full. His little ones are safe. And all is well.

It is often true that we miss the very blessing we seek because we didn't recognize it lying under our feet. What do we have in our little ColoVista? We have our homes. We have our community. We have our friends. And, in the process of reclaiming our community, we have learned that we are neighbors. We can pull together for a common cause. We can roll up our sleeves and work together.

And, as we head toward that most American of holidays, we can be thankful—truly thankful—for these blessings that we now receive.

Carson Stephens, President



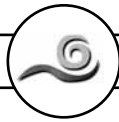
PLEASE HELP!

Have you traded your landline for a cell phone, changed your phone numbers, changed addresses, or created new email addresses? Do you have new renters? Are you planning on moving out or have you recently moved in? It's our duty to keep you informed and it's your duty to provide us with your latest contact information. Help us stay up-to-date. Please contact Jo Garoutte (POA Membership Services) at 512-308-9025 or larryjo@austin.rr.com ASAP. Thanks!

SUBMITTING NEWS



If you would like to submit an article to the COLOVISTA NEWS, write the article and email it to Mark Ripley at mripley777@gmail.com. Please feel free to make comments about our newsletter that would make it more informative. Article deadline is December 10 for the January/February 2013 issue.




WHAT DOES “DEED RESTRICTED COMMUNITY” MEAN, ANYWAY?

Because I live in a Deed Restricted Community and I want to maintain the property values, I need to get permission from the POA Board to make the following changes to my property:

1. Clearing brush and debris from my lot before home construction. Yes / No
2. Cutting down or removal of any trees (dead or alive) greater than 6 in. caliper. Yes/ No
3. Changing the grade/drainage of the lot prior to construction. Yes / No
4. House/(any) plans must be approved before any construction can begin. Yes / No
5. Installation of an irrigation system, sidewalk, or driveway. Yes / No
6. Installation of a fence, wall, gazebo, windmill, or water feature. Yes / No
7. Installation of a swimming pool, sports court, or playscape. Yes / No
8. Landscaping the yard, adding rocks, large plants, trees, poles or lights. Yes / No
9. Changing the color of my house siding, trim, or roof. Yes / No
10. Adding an antenna or solar panel to the roof or installing a basketball hoop. Yes / No
11. Adding an outdoor deck or building a storage shed (not allowed) Yes / No
12. Making any addition or significant change to the exterior of my house. Yes / No

If you answered “yes” to all twelve questions you are the “ace of the base”. Way to go!

To obtain permission log on to www.colovistapoa.com. On the left side of the page select “Association Government”. Next, select “Governing Documents”. That’s all there is to it. Download; “Architectural and Construction Guidelines”. Complete the forms. Provide as much detail as possible (the more information you provide the faster the approval). Snail mail, fax, or scan the forms to Alliance Property Managers at the address on the form.

Please Note: The approval process can take up to a month to complete. The approval is good for a year once it is issued. With that in mind, if you know you have a project coming up, don’t wait until the last minute. Get your request in early so your project isn’t unduly delayed. **THANK YOU FOR MAKING SURE THE STANDARDS AT COLOVISTA ARE KEPT HIGH!** 

TEXAS LEGISLATURE GRANTS NEW RIGHTS TO POA MEMBERS

Nearly 20% of Texans live in neighborhoods that have home owners associations (HOAs) or property owners associations (POAs). The new laws, which went into effect earlier this year, have provided more rights to those property owners regarding the use of their property. Recently, Alliance Management Company sent a letter to all ColoVista property owners explaining those changes in great detail. That letter can also be found on the ColoVista website: www.colovistapoa.com. The following is a “quick reference” or summation of the new rights which were granted to POA members. Please note that the POA Board must continue to be notified of any changes made to any member’s property. Additionally, the Board will monitor any changes to make sure they meet certain parameters.

• **Section 1 – Flags**

With the Board’s approval, property owners (P.O.) can now display flags (one flag pole or one residence-mounted flag mount, but not both) (Two flags, maximum). Adopting this Section gives the Board and Property Owners clear direction and guidelines to follow regarding number of flags, size, lighting, materials, upkeep, etc.

• **Section 2 – Solar Energy Devices**

With the Board’s approval, property owners can install solar energy devices on property solely owned by the P.O.

• **Section 3 – Rain Barrels and Rainwater Harvesting System**

With Board approval, Water Harvesting Systems can be installed.

• **Section 4 – Religious Displays**

Religious displays representing the resident’s sincere religious belief are allowed on the entry door or door frame. The Board can determine the size and type of displays allowed. (This does not include seasonal religious holiday decorations; e.g. Christmas lights and wreaths.

• **Section 5 – Record Production**

P.Os can obtain records by submitting a “certified mail” written request. This section details the procedures to follow, information that can and cannot be shared, and outlines the costs to the P.O. associated with such requests.

• **Section 6 – Record Retention**

This section tells the POA how long it must retain its specific records.

• **Section 7 – Payment Plans**

Standard Payment Plans and Other Payment Plans will be made available to P.Os. This section describes the eligibility requirements and plan procedures.

• **Section 8 – Voting**

Section 8 gives the Board the authority to dictate the form for all proxies, ballots, or other voting instruments or vehicles.


• **Section 9 – Transfer Fees**

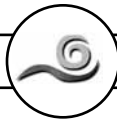
In addition to fees for issuance of a resale certificate and any updates or re-issuance of the resale certificate, transfer fees are due upon the sale of any property in accordance with the then-current fee schedule, including any fee charged by the Association’s managing agent.

• **Section 10 – Email Addresses**

All property owners are required to keep a current email address on file with the Association if the Owner desires to receive email communications. The procedures for notification are listed.

• **Section 11 – Vehicles**


RVs, Trailers, Commercial Trucks, Mobile Homes, Boats, Commercial Vehicles or Commercial equipment are prohibited from parking on any carport, driveway, private or public street, or parking area adjacent to any Lot for any extended period of time. An exception is made for loading and unloading and when actual commercial work is being done at the property. 



STAY INFORMED WITH THE LATEST NEWS ABOUT COLOVISTA



There are many changes planned for ColoVista, (like reopening the golf course). These changes may significantly affect the property values, POA assessments, POA dues, and your future amenities. If you haven't been able to attend the Monthly POA Board Meetings, you can read about all the upcoming plans in the POA Board Meetings Minutes. You can access the Minutes by: (1) Logging on to www.colovistapoa.com. (2) Scroll your cursor over the "Our Community" tab to reveal the pop-up menu for the Minutes. The Minutes are posted once they are approved by the Board at the next Board meeting. You can also find the latest version of the POA newsletter at this same website. We have removed all filters for these sections, so they are very easy to access and they don't require any sign-in or passwords.

We encourage everyone to attend the POA monthly meetings, communicate your concerns and desires with your elected Trustees, and by all means, attend the POA Annual Meeting on November 19th. 



The ColoVista POA community is taking amazing measures to reclaim the fairways and to bring the golf course back to the pristine conditions of yesterday. Three weeks ago, in the Village at ColoVista, "Billy," the goat, was spotted munching his way through numerous bushels and pecks of tasty registered Bermuda 419 Fairway grass. Some residents say he is the latest recruit in the "Granger's Rangers" army who have been mowing the course diligently all summer long. However, there are others out there who insist Billy is a covert agent working under cover for the "Billy Casper Golf Course Management Company" because of the obvious similarities in their names. Whatever the facts may reveal, we are pleased and grateful for all the volunteer help and support we are receiving. Even from the goat.

Billy Casper Golf is a highly respected organization and they are a well-established, experienced golf course management company (Google them). They have said they are committed to ColoVista and are anxious to begin the rebuilding process.

We are all hopeful that the words of "the cat that got his tail caught in the lawn mower" are not far off. *What were the cat's words, you ask?*

(Wait for it).

"It won't be long now!" 



CAPCOG EMERGENCY NOTIFICATION SYSTEM GOES WIRELESS

Residents of the ten-county Capital Area Council of Governments region are now able to receive notification on their cellular telephones

of emergencies that affect their homes and businesses. These notifications are made possible through a new addition to the CAPCOG regional Emergency Notification System (ENS).


In 2004, CAPCOG used a combination of homeland security grant funds and funds from participating local governments to implement the ENS which allows public safety personnel in participating jurisdictions to relay critical emergency information to their citizens when human life or property is in danger. Originally, the system could contact only those people who had landline telephone service since it relied on the 9-1-1 database that is managed by CAPCOG.

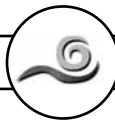
With the rise in popularity of cell phones, an increasing number of people no longer maintain traditional landline telephone service and rely exclusively on their cell phones as their residence telephone. To address the need to extend the availability of emergency notification to people without landline telephone services, CAPCOG's staff worked with a programmer to develop a web-based interface that allows people to lace their residences on a map and thus receive emergency notifications. This interface was designed to extend the functionality of the CAPCOG ENS to cell phones.

An additional benefit of this service is that people may link their cell phone numbers to one or more locations, such as their place of business or the homes of relatives. If participating in local government activates the system for an area that has been registered to a particular cell phone number, the system will attempt to send the emergency message to that phone.

The addition of this service is part of CAPCOG's ongoing efforts to ensure that the ENS is the most capable telephone-based notification system possible. Earlier this year, the capabilities of the system were expanded to include the ability to deliver emergency message to the hearing-impaired who rely on Telecommunications Device for the Deaf (TDD) technology. CAPCOG's implementation was among the first in the country to have this capability.

For more information about ENS, contact Ed Schaefer at 512-916-6026 or eschaefer@capcog.org.

Cellular telephone number(s) may be registered by following the instructions at <http://wireless.capcog.org>. 



COULD THEY FIND YOU IN AN EMERGENCY? DIAL 911 FIRE-POLICE- SHERIFF- AMBULANCE- POISON

Excerpts Compiled by Mark Ripley

Wireless 911 Services

Date Published: May 26 2011

Since many of you have traded in your land lines for cell phone lines, it is important to understand the effect this has on your 911 Service.

Background

The number of 911 calls placed by people using wireless phones has significantly increased in recent years. It is estimated that about 70% of 911 calls are placed from wireless phones, and that percentage is growing.

For many Americans, the ability to call 911 for help in an emergency is one of the main reasons they own a wireless phone. Other wireless 911 calls come from “Good Samaritans” reporting traffic accidents, crimes or other emergencies. The prompt delivery of wireless 911 calls to public safety organizations benefits the public by promoting safety of life and property.

Unique Challenges Posed by Wireless Phones


While wireless phones can be an important public safety tool, they also create unique challenges for emergency response personnel and wireless service providers. Since wireless phones are mobile, they are not associated with one fixed location or address. While the location of the cell site closest to the 911 caller may provide a general indication of the caller’s location, that information is not usually specific enough for rescue personnel to deliver assistance to the caller quickly.

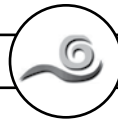
Tips for 911 Calling

Consumers making a 911 call from a wireless phone should remember the following:

- Tell the emergency operator the location of the emergency right away.

- Provide the emergency operator with your wireless phone number, so if the call gets disconnected, the emergency operator can call you back.
- PSAPs currently lack the technical capability to receive texts, photos and videos.
- If your wireless phone is not “initialized” (meaning you do not have a contract for service with a wireless service provider), and your emergency call gets disconnected, you must call the emergency operator back because the operator does not have your telephone number and cannot contact you.
- To help public safety personnel allocate emergency resources, learn and use the designated number in your state for highway accidents or other non life-threatening incidents. States often reserve specific numbers for these types of incidents. For example, “#77” is the number used for highway accidents in Virginia.
- Refrain from programming your phone to automatically dial 911 when one button, such as the “9” key, is pressed. Unintentional wireless 911 calls, which often occur when auto-dial keys are inadvertently pressed, cause problems for emergency call centers.
- If your wireless phone came pre-programmed with the auto-dial 911 feature already turned on, turn this feature off. Consult your user manual for instructions.
- Lock your keypad when you’re not using your wireless phone. This action prevents accidental calls to 911.
- Consider creating a contact in your wireless phone’s memory with the name “ICE” (in Case of Emergency), which lists the phone numbers of people you want to have notified in an emergency.

You may access the complete article at the following website: <http://www.fcc.gov/cgb/consumerfacts/wireless911srv.html> 



How To Avoid Holiday Weight Gain

From WebMD.com

It's that time of year when extra calories lurk around every corner. All these extras add up, and if you're like most Americans, you'll put on a pound or two by New Year's Day.

So what's the harm in a little holiday weight gain, especially if it's just a pound? According to researchers at the National Institutes of Health, most Americans never lose the weight they gain during the winter holidays. The pounds add up year after year, making holiday weight gain an important factor in adult obesity.

But you don't have to fall into this trap. "Portion control is the key," says Susan Finn, PhD, RD. Finn serves as chairwoman of the American Council for Fitness and Nutrition. "I don't believe you can't eat food that you like – even indulgences – but it is the amount you eat," she tells WebMD.

1. Never Arrive Hungry. Try to have a nutritious snack beforehand. If you do arrive hungry, drink some water to fill up before filling your plate.

2. Divert Your Attention. Finn says chatting is a great diversion, whether you're at a small family dinner or a large party. "Take your mind off of food and focus on the conversation."

3. Count Your Canapes. When there are canapes, it's easy to lose count of how many you eat. Keep track by stashing a toothpick in your pocket for each one. Set a limit and stick to it.

4. Outsmart the Buffet. When dinner is served buffet-style, use the smallest plate available and don't stack your food; limit your helpings to a single story. "Go for the simplest foods on the buffet," Finn says. "Fresh fruits and vegetables and shrimp cocktail are good choices. Watch out for sauces and dips."

6. Limit Alcohol. Avoid drinking too much alcohol at holiday parties. "It's not just about calories but about control," Finn explains. "If you drink a lot, you won't have as much control over what you eat." If you feel out of place without a drink, sip water or club soda so you have something to carry like everyone else.

7. Be Choosy About Sweets. Limit your indulgences to small portions and only what is very sensual to you. If you know you're the type who can't stop at one bite, you're better off taking a small portion of a single dessert than piling your plate with several treats you plan to "try."

8. Bring Your Own Treats. Whether you're going to a friend's party or an office potluck, consider bringing a low-calorie treat that you know you'll enjoy. Bringing your own dessert will make the more fattening alternatives less tempting.

9. Limit "Tastes" While Cooking. If you do a lot of cooking during the holidays, crack down on all those "tastes." "People lose their appetites when they've been cooking because they've been eating the whole time," Finn tells WebMD. Instead of tasting mindlessly every few minutes, limit yourself to two small bites of each item pre- and post-seasoning. For tried-and-true recipes, dare yourself not to taste the dish at all until it is served.

10. Walk It Off. Make a new holiday tradition: the family walk. Besides burning some extra calories, this will get everyone away from the food for awhile.

BELIEVE IT OR NOT – DidYaKnow?

All it is, is a frozen lemon. Many professionals in restaurants and eateries are using or consuming the entire lemon and nothing is wasted. How can you use the whole lemon without waste? Simple: place the washed lemon in the freezer section of your refrigerator. Once the lemon is frozen, get your grater, and shred the whole lemon (no need to peel it) and sprinkle it on top of your foods. Sprinkle it to your vegetable salad, ice cream, soup, cereals, noodles, spaghetti sauce, rice, sushi, fish dishes, whisky, wine... the list is endless. All of the foods will unexpectedly have a wonderful taste, something that you may have never tasted before.

Most likely, you only think of lemon juice and vitamin C. Not anymore. Now that you've learned this lemon secret, you can use lemon even in instant cup noodles. What's the major advantage of using the whole lemon other than preventing waste and adding new taste to your dishes? Lemon peels contain as much as 5 to 10 times more vitamins than the lemon juice itself. And yes, that's what you've been wasting.

It's also good that lemon peels are health rejuvenators in eradicating toxic elements in the body. So place your washed lemon in your freezer, and then grate it on your meal every day. It is a key to make your foods tastier and you get to live healthier and longer!

Lemon (Citrus) is a miraculous product to kill cancer cells. It is 10,000 times stronger than chemotherapy. Why do we not know about that? Because there are laboratories interested in making a synthetic version that will bring them huge profits. You can now help a friend in need by letting him/her know that lemon juice is beneficial in preventing the disease. Its taste is pleasant and it does not produce the horrific effects of chemotherapy. How many people will die while this closely guarded secret is kept, so as not to jeopardize the beneficial multimillionaires large corporations?

The source of this information is fascinating: it comes from one of the largest drug manufacturers in the world, says that after more than 20 laboratory tests since 1970, the extracts revealed that it destroys the malignant cells in 12 cancers, including colon, breast, prostate, lung and pancreas. The compounds of this tree showed 10,000 times better than the product Adriamycin, a drug normally used chemotherapeutic in the world, slowing the growth of cancer cells. And what is even more astonishing: this type of therapy with lemon extract only destroys malignant cancer cells and it does not affect healthy cells.

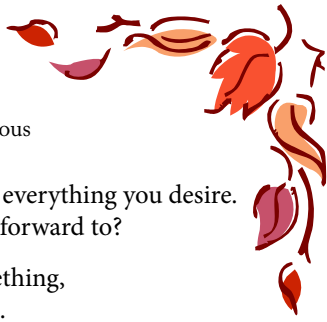
It is considered also as an anti-microbial spectrum against bacterial infections and fungi, effective against internal parasites and worms, it regulates high blood pressure and an antidepressant combats stress and nervous disorders.

So, give those lemons a good wash, freeze them and grate them. Your whole body will love you for it!



Be Thankful

By Anonymous



Be thankful that you don't already have everything you desire. If you did, what would there be to look forward to?

Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow.

Be thankful for your limitations, because they give you opportunities for improvement.

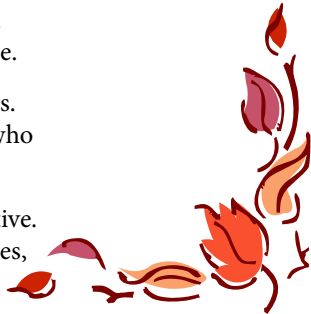
Be thankful for each new challenge, because it will build your strength and character.

Be thankful for your mistakes. They will teach you valuable lessons.

Be thankful when you're tired and weary, because it means you've made a difference.

It's easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks.

Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings.



Peace is the result of retraining your mind to process life as it is, rather than as you think it should be.

- Wayne Dyer

Before borrowing money from a friend, decide which you need more: friend or money!



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INSIDE THIS ISSUE:

- POA ANNUAL MEETING IS NOVEMBER 19th
- HELP WITH WELCOME BAGS NEEDED
- INFO FOR CV LANDLORDS & TENANTS
- NEW RIGHTS FOR POA MEMBERS IN TEXAS
- EMERGENCY NOTIFICATION & SERVICES