



# Courtyard Caller

OFFICIAL COURTYARD NEWSLETTER

Courtyard Homeowners Association, Inc.

December 2005

Volume 4, Number 9

## Greetings

### Courtyard Homeowners Association Members

This month we want to bring your attention too a very important subject, DRIVING SPEED IN THE COURTYARD COMMUNITY. Over the last several years our community has become the home to more and more families with young children. Kids ride bikes, scooters, big wheels, just to name a few. Many times they dart out from behind a parked car, or just show up out of no where. We have had a good record so far but with more kids every month the more important it is to drive slow. We hope that if everyone just remembers when you are in the Courtyard Community DRIVE SLOW. It might take you an extra 15 second to get from your house to the highway. That's nothing if it helps to prevent an accident and protect our kids.

Thank you in advance for your concern and DRIVING SLOW. We wish everyone a safe and happy holiday season.

*Your CHOA Board of Directors*

## HOW TO SAVE MONEY \$1000 DOLLARS

Each year your Courtyard Homeowners Association has an annual meeting. The Association sends you notice of the date, time, location, a ballot for election of officers and a proxy for you to sign and send in if you can't attend the meeting. This whole process including site and set up charges can cost nearly \$1000 dollars.

Here's what has happened in the past. The Association sets up the meeting, sends out the material to all the members. Members for one reason or another can't attend the meeting, and forget to send in their proxy. The result is we can't have an official meeting because not enough members attended the meeting or mailed in their proxy.

By law we are required to have another meeting and spend the money all over again.

This year when you get your annual meeting notice, send in your proxy right away. Then if you can't make the meeting, your covered. If you end up going to the meeting you can pick up your proxy at the meeting and vote in person.

There you go, simple send in your proxy right away, save  
\$1000 DOLLARS

THANKS FOR YOUR HELP

Your CHOA Board of Directors

**PLEASE SAVE THIS DATE !**

**Annual Homeowners Meeting  
January 29, 2006**

View the Courtyard  
Homeowners Association Newsletter  
each month online at [www.PEELinc.com](http://www.PEELinc.com)



# COURTYARD CALLER

## CHA Board of Directors

Frank Apgar .....	President
Bill Meredith .....	Vice President
Rusty Pepper .....	Secretary
Mansoor Ghori .....	Treasurer
Michael Castanon .....	Member-at-Large
Bob Nahabit .....	Member-at-Large
Betty Marshall .....	Member-at-Large

## Committees

Environmental Control	
Diana Apgar .....	415-9412
Bull Creek	
Bill Meredith .....	345-0593
Welcome	
Alys Honey .....	346-7791
Social	
Michael Castanon .....	231-9789
Landscape & Decorating	
Ed Ueckert .....	345-6137
Security	

## Communications

Betty Marshall .....

Managed by:

Marilyn Childress

Goodwin Management

11149 Research Blvd.

Austin, TX 78759-5227

502-7509

## Good Things Are Happening

In the Courtyard the trees may or may not be changing colors, but the yards are full of the signs of fall. Pumpkins, ghosts and goblins were everywhere to be seen. Houses were lit with orange lights, spiders and scary creatures abounded from every corner in our community.

All of this done for the children who live in a setting of adults who are working or retired, but active and ever occupied. The very fact that these busy people take the time from their leisure moments to think of the little ones and insured that Halloween was special and safe speaks very well for them and for the place we all call home. Now that end-of-the year holiday's are approaching, we hope that we homeowners again will enjoy the decorations, celebrations, anticipation and neighborliness of both young and old in our wonderful community

.....

## Advertising Information

- Please support the businesses that advertise in the Courtyard
- Neighborhood Association Newsletter. Their advertising dollars
- make it possible for all residents to receive a newsletter at no
- charge. No homeowners association funds are used to produce or
- mail the newsletters. If you would like to support the newsletter
- by advertising, please contact Peel, Inc. Sales Office, 512-989-
- 8905 or advertising@PEELinc.com for ad information and
- pricing.

.....



***Have you had your heater checked out  
for the upcoming season?  
Now's the time to do it  
before the first cold snap hits!***

**Fall Special  
\$59.95 per system.**

**512-928-2470  
Over 30 Years of Experience  
Expires 12/31/05**

**Visit us on the web @ [www.rmmechanical.com](http://www.rmmechanical.com)**

**512-928-2470**

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints in this publication, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

At no time will any source be allowed to use the Courtyard Neighborhood Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Courtyard Neighborhood Association and Peel Inc. The information in the Courtyard Neighborhood Newsletter is exclusively for the private use of Courtyard residents only.

# Looking to purchase in Austin?



*What if you could receive 2% of the  
purchase price back at closing?*

## YOU CAN!!

Let's say you buy a house for \$250,000;  
that's **\$5,000** back in your pocket!!! Spend it  
however you wish, new carpet, paint or even  
use it to pay off debt.



**Nicole Peel**

**Realtor®**

**Office: (512) 249-6299**

**Mobile: (512) 740-2300**

To learn more, please visit my webpage at:

**[www.nicolepeel.com](http://www.nicolepeel.com)**

# COURTYARD CALLER

## Book Club News

The Book Club will not meet in December.

Please join us in January for our next meeting at the Courtyard Tennis Club. It will be January 10<sup>th</sup> and the book title is **The Great Influenza** by John Barry.

We will meet at 11:30a.m. The cost of the salad is \$6.00 plus tip. Call Betty Marshall for reservations @343-8299 by Jan 6<sup>th</sup> 2006.

Note: The February selection is **9 Degrees of Desire** by Nafisi.



## Tips For The Month

- Now is the time to buy bulbs such as tulips, hyacinth, and crocus. Keep them in your refrigerator about two months before you plant them.
- Throw out bluebonnet seeds now into a well-drained area and rake in. You can put them in pots about ¼" deep. Water the area or pots about once a week if it is dry.
- December is one of the best months to plant trees. Most people plant trees too close to the house, so before you plant it find out the mature size and spread.

## Corrections To Your Courtyard Directory

(Under Oct. additions)

Morris, John

5404 Scout Island N

## Additions To Your Courtyard Directory

Weenig, Clair & Joan 5608 Parade Ridge

Ph: 925-0230

## Plant of the Month

*Possum Haw- Ilex deciduas*

This is also known as Deciduous Yaupon. As you drive through the country you'll notice this native growing along the fence lines after the leaves fall off because it will be covered with red berries. They grow into multitrunk trees that mature at about 12 to 20 feet tall. Possum Haw, like Cedar and Native Yaupon are monoecious, which means there are male plants and female plants. Only the females have berries. Cut the branches and put them in a vase. They add a nice touch at Christmas.

REMEMBER, PLEASE: Austin leash laws require all dogs to be on a leash when off the owner's premises.

## Family of the Month

*Suzanne Burnes*  
Photography

[www.suzanneburnes.com](http://www.suzanneburnes.com)

512-301-6600



The Wayne and Patsy Holt Family



# Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

## Get Ready To Hit The Slopes

You don't have to wait for the snow to start falling to get ready for ski season. Start your training now and you'll be sailing past those other ski bums on your way down the mountain.

Dusting the competition or showing off to friends are not the only reasons to get in shape before ski season. Skiing is an activity that requires a variety of skills: strength, endurance, balance and coordination. Hit the slopes without developing these skills and you may be in for more than a little embarrassment - you might even hurt yourself.

### Sports specific training

This is where sports-specific training comes in. Generally speaking, sports-specific training programs involve focusing on the various skills associated with a particular activity.

Depending on the sport, this may include health-related fitness components such as cardiorespiratory endurance, muscular strength and endurance, and flexibility.

A specific program may also take into account skill-related measures of fitness such as agility, balance, coordination, power, speed and reaction time. Most sports require a mixture of these components.

Skiing is a sport that relies heavily on skill-related fitness. A traditional fitness program, which includes a combination of weight training and cardiovascular exercise, will only take you so far.

A specific training program to develop specific skills for skiing will take you from the peaks to the valleys in record time.



### Get ready to ski

There are several ways to begin a sports-specific training program. The simplest way is to include several new exercises in your regular workout schedule.

For example, performing wall sits that require you to "sit" against a wall will help build up the isometric strength needed for the tuck position in skiing. Squats and lunges will build lower body strength for skiing tough terrain like moguls.

Exercises such as crunches to work your abdominals are essential in creating a solid "core" for balance and agility.

It is important to train your body to withstand and absorb the impact associated with skiing. Plyometric movements, such as hopping from side to side, develop muscle power and strength as well as improve agility.

### Set up your own ski circuit

A great way to integrate these elements into your existing routine is to create a circuit training program, which involves rapidly moving from one exercise to the next. You can set up a circuit in any large room, or at your club's aerobic studio.

Be sure and place all of your stations before beginning your workout so you don't have to stop in the middle. Set a specific time limit for each exercise, as well as a set period of breaks between each station. Thirty seconds of work followed by 30 seconds of rest are common interval periods.

Then, simply turn up the music and make your way around the circuit. You might even want to create your own music tape with timed intervals of music for exercise and silence for rest periods.

Try these stations to help you gear up for the slopes: use the slide for lateral training, perform one-legged squats to develop balance and strength, and use a step-bench platform to improve power. Try catching a bean bag as it drops off your forearm to improve reaction times or bounce two tennis balls to improve coordination.

To improve agility, create your own slalom by running between cones. In sports-specific training, you are limited only by your imagination.



Reprinted with permission from the  
American Council on Exercise.

©American Council on Exercise



## Total Care Pet Sitting

From Domestic To Exotic

*"total love for your  
family member"*

**512-292-3402**

**danielle lefemine r.m.t.**

Bonded & Insured

## Classifieds

**FOR SALE:** Ethan Allen - 4PC Bedroom Suite; Must Sell - well cared for beautiful Ethan Allen solid wood bedroom suite offers plenty of storage. Pieces include: Two-Bachelor Chest 44" L X 20" D X 31" H; King Size Bed - frame only; Armoire 42" L X 20 5/8" D X 75 1/2" H; Asking \$1,700 - Contact by e-mail @ [edueckert@earthlink.net](mailto:edueckert@earthlink.net) or by phone 345-6137.

# COURTYARD CALLER

## *Texas Events - December*

1—ROUND ROCK: Main Street Artisan Stroll Artists, musicians and performers fill the sidewalks each month, displaying wares and entertaining strollers. Hours are 5 to 9 p.m. Historic Downtown. E-mail: [info@mainstreetstroll.com](mailto:info@mainstreetstroll.com) • [www.mainstreetstroll.com](http://www.mainstreetstroll.com) 512/341-8788

1-3—AUSTIN: The Blue Paintings: New Work by Denny McCoy Peaceful, yet stunning, paintings combine various shades of blue in mystifying combinations that flutter and change before the viewer's eyes. D Berman Gallery. [www.dbermangallery.com](http://www.dbermangallery.com) 512/477-8877

1-18—AUSTIN: A Christmas Carol New version of the holiday classic conjures up the Yuletide world of Victorian London. State Theatre. [www.austintheatre.org](http://www.austintheatre.org) 512/469-SHOW

1-Jan. 1—AUSTIN: Rockin' Christmas Party The award-winning cast shakes, rattles and rolls down Santa Claus Lane with songs and dance guaranteed to lift your spirits. Zachary Scott Theatre. [www.zachscott.com](http://www.zachscott.com) 512/476-0541

1-Jan. 1—FREDERICKSBURG: Hill Country Regional Lighting Trail Boerne, Bulverde, Burnet, Dripping Springs, Fredericksburg, Goldthwaite, Johnson City, Llano, Marble Falls, New Braunfels, Round Mountain and Wimberley hold special events, displays, parades and other activities. Brochures are available. E-mail: [creative@ktx.com](mailto:creative@ktx.com) • [www.tex-fest.com](http://www.tex-fest.com) 830/997-8515 or 866/839-3378

1-Jan. 8—AUSTIN: The Face of Texas: Photographs by Michael O'Brien Originally published as a book, O'Brien's photographs have been organized as a traveling exhibition. The Bob Bullock Texas State History Museum. [www.thestoryoftexas.com](http://www.thestoryoftexas.com) 512/936-8746

1-Jan. 8—AUSTIN: The Santaland Diaries Comedy tells the real-life story of David Sedaris' tour of duty as the elf Crumpet, and what it takes to juggle tots and tottering Santas during a painfully festive time of the year. Zachary Scott Theatre. [www.zachscott.com](http://www.zachscott.com) 512/476-0541

2—FREDERICKSBURG: Christmas Parade Starts at the corner of South Adams and East Main, goes down to Washington and returns down Main to West Edison Street. On Main Street. E-mail: [evp@fbgtx.org](mailto:evp@fbgtx.org) • [www.fredericksburg-texas.com](http://www.fredericksburg-texas.com) 830/997-6523 or 830/997-2559

2—GEORGETOWN: First Fridays, a Celebration of the Arts [www.downtowngeorgetownassociation.org](http://www.downtowngeorgetownassociation.org) 512/868-8675

2-4—AUSTIN: 15th Annual Wild Ideas: The Shopping Event Hours are 9 a.m. to 5:30 p.m. Friday and Saturday and noon to 5 p.m. Sunday. Lady Bird Johnson Wildflower Center. [www.wildflower.org](http://www.wildflower.org) 512/292-4200

2-4—FREDERICKSBURG: Eighth Annual Weihnachten Weekend begins with a Christmas parade at 6:30 p.m. Friday down Main Street. Includes a Christmas Tree Forest, a gingerbread house contest, children's activity area, homemade German foods, a shopping market, lighted holiday figurines displays and more. Hours are 4 to 10 p.m. Friday, 10 a.m. to 8 p.m. Saturday and noon to 4 p.m. Sunday. Marktplatz. [www.fredericksburg-texas.com](http://www.fredericksburg-texas.com) 888/997-3600

2-4—GEORGETOWN: Sun City Kiwanis Christmas Home Tour 512/818-8181

2-4, 9-11—FREDERICKSBURG: Holiday Wine Trail Participating wineries have different activities, such as wine tasting, appetizers and special food pairings, barrel tasting, art shows and a special release for new wines. Call for a map. [www.texaswinetrail.com](http://www.texaswinetrail.com) 888/997-3600, 830/868-2321 or 830/997-6523

2-4, 9-11, 16-21—GEORGETOWN: A Christmas Story The Palace Theater. [www.thegeorgetownpalace.org](http://www.thegeorgetownpalace.org) 512/869-7469

3—FREDERICKSBURG: Fredericksburg Peach Opry Branson-style opry show offers music, comedy and fun for the whole family. [www.texaspianoman.com](http://www.texaspianoman.com) 210/831-3272

3—FREDERICKSBURG: Kinderfest This is a children's German/Texas-themed party with food, games, songs, storytelling and a visit from St. Nick.

Children should bring a stocking, which will be returned filled with goodies after the party. Pioneer Museum, 309 W. Main St. [www.pioneermuseum.com](http://www.pioneermuseum.com) 830/997-2835

3—GEORGETOWN: 25th Annual Christmas Stroll Historic Downtown Georgetown. [www.downtowngeorgetownassociation.org](http://www.downtowngeorgetownassociation.org) 512/868-8675

3-4—ROUND ROCK: Quickfoot Soccer Tournament Old Settler's Park. [www.quickfoot.com](http://www.quickfoot.com) 817/353-0588

3, 10—AUSTIN: Farmers Market Homespun Holidays 512/236-0074

4—AUSTIN: Jose Feliciano This international icon and guitarist has enjoyed a legendary career. Shows are at 5 and 7:30 p.m. One World Theatre. 512/329-6753

4—AUSTIN: Victorian Christmas Reception See the former home of short story writer O'Henry decorated for the holidays. An open house from 3 to 5 p.m. features refreshments and live music. O. Henry Museum. [www.ci.austin.tx.us/parks/ohenry.htm](http://www.ci.austin.tx.us/parks/ohenry.htm) 512/472-1903

4-31—AUSTIN: Trail of Lights & Zilker Christmas Tree This monthlong festival includes a mile-long pedestrian trail of lights and a 155-foot tall Christmas tree. Zilker Park. [www.ci.austin.tx.us/tol/tree.htm](http://www.ci.austin.tx.us/tol/tree.htm) 512/974-6700

6—AUSTIN: Austin Symphony Orchestra's Messiah Holiday celebration features Handel's masterpiece. Riverbend Centre. [www.austinsymphony.org](http://www.austinsymphony.org) 512/476-6064

9—AUSTIN: Strings Attached with Eliza Gilkyson Gilkyson's songs connect the worlds of folk and modern storytelling. Shows are 7:30 and 10 p.m. St. David's Episcopal Church. [www.stringsattached.org](http://www.stringsattached.org) 512/775-2371

9—ROUND ROCK: Christmas Family Night Enjoy free hot dogs, visit with Santa Claus, listen to carolers, watch performers, play games and more. Main Street. [www.ci.round-rock.tx.us](http://www.ci.round-rock.tx.us) 512/341-3342 or 512/218-5540

9-10—FREDERICKSBURG: Bethany Lutheran's Christmas Journey Enjoy a drive-through performance of the Christmas story with eight stations of live performers and seasonal music. 110 W. Austin St. E-mail: [baethage9@ktc.com](mailto:baethage9@ktc.com) • [www.bethany-lutheran-fredericksburg.org](http://www.bethany-lutheran-fredericksburg.org) 830/997-2069

9-23—AUSTIN: The Nutcracker Ballet Austin presents this beloved holiday tradition with live accompaniment by the Austin Symphony Orchestra. Bass Concert Hall. [www.balletaustin.org](http://www.balletaustin.org) 512/476-2163

10—FREDERICKSBURG: Christmas Homes Tour The Historical Society presents a selection of restored historic homes, period-styled new structures and other public historic sites. E-mail: [gchs@ctesc.net](mailto:gchs@ctesc.net) • [www.pioneermuseum.com](http://www.pioneermuseum.com) 830/997-2835

10—GEORGETOWN: Market Day Features arts & crafts, antiques, collectibles and festive foods. Hours are 10 a.m. to 5 p.m. Historic Downtown Georgetown. [www.downtowngeorgetownassociation.org](http://www.downtowngeorgetownassociation.org) 512/868-8675

10-11—FREDERICKSBURG: Preservation Weekend Celebration Gillespie County Historical Society holiday event features homes tour and highlights Fredericksburg history. [www.pioneermuseum.com](http://www.pioneermuseum.com) 830/997-2835 or 830/997-5641

11—FREDERICKSBURG: 2005 Weihnachten 5-K Fun Run/Walk & Kids Dash Kids Dash begins at 2 p.m. behind the Pioneer Library, 115 W. Main St. Warm-up starts at 2:15 p.m. on San Antonio Street and the race begins at 2:30 p.m. [www.fbathleticclub.com](http://www.fbathleticclub.com) 830/990-0011

11-24—AUSTIN: Armadillo Christmas Bazaar For nearly 30 years, this event has attracted some of the regions best artists to this market of eclectic gift items and local entertainment. Austin Music Hall. [www.armadillobazaar.com](http://www.armadillobazaar.com) 512/447-1605

13—AUSTIN: Austin Symphony Christmas Sing-Along Sing Christmas favorites with the Austin Symphony. Riverbend Centre. [www.austinsymphony.org](http://www.austinsymphony.org) 512/476-6064

13, 16—AUSTIN: Ottmar Liebert & Luna Negra Holiday Special Liebert

*(Continued on Page 7)*

## Texas Events - (Continued from Page 6)

is one of the most talented, influential and creative guitarists today. Begins at 7 p.m. Tuesday and 7 and 9:30 p.m. Friday. One World Theatre. 512/329-6753

15—AUSTIN: John Longhurst: Holiday Organ Concert Longhurst leaves his helm at the 11,623-pipe organ of the Mormon Tabernacle to tackle Texas' own treasure — the 5,315-pipe Bates Recital Hall tracker organ — in time for a wonderful holiday performance. Begins at 8 p.m. Bates Recital Hall. [www.utpac.org](http://www.utpac.org) 512/471-1444 or 800/687-6010

16—AUSTIN: Blind Boys of Alabama This foot-stomping, roof-raising, soulful gospel performance promises to capture the spirit of the holidays. Begins at 8 p.m. Hogg Auditorium. [www.utpac.org](http://www.utpac.org) 514/471-1444 or 800/687-6010

16-18—FREDERICKSBURG: Trade Days Includes more than 300 vendors, five barns, acres of antiques and more, biergarten and music. Hours are 9 a.m. to 6 p.m. Friday and Saturday and 9 a.m. to 4 p.m. Sunday. Hwy. 290 E. across from Wildseed Farms. [www.fbgradedays.com](http://www.fbgradedays.com) 830/990-4900 or 210/846-4094

17—ROUND ROCK: Frosty's 5-K Family Fun Run/Walk Begins at 9 a.m. Starts and finishes at Dell Diamond. E-mail: [info@frostys5k.com](mailto:info@frostys5k.com) • [www.frostys5k.com](http://www.frostys5k.com) 512/255-9885

22-23—AUSTIN: Esther's Follies Christmas Show This comedy-filled show features Esther's classics, topical satire, musical comedy and the best magician in the Southwest. Esther's Follies, 525 E. Sixth St. [www.esthersfollies.com](http://www.esthersfollies.com) 512/320-0553

23—AUSTIN: Bah Humbug! Adapted from Charles Dickens' A Christmas Carol, this one-man extravaganza — brimming with traditional Celtic Christmas tunes — follows the miserly Ebenezer Scrooge on his

magical whirlwind journey of redemption. Dougherty Arts Center. [www.thecompanytheatre.org](http://www.thecompanytheatre.org) 512/963-8499

26—FREDERICKSBURG: Zweite Weihnachten Party Follows the German tradition of having a day after Christmas party with friends/family and the singing of Christmas songs and refreshments. Hours are 2 to 5 p.m. Gillespie County Historical Society Fellowship/Party Room, 312 W. San Antonio St. 830/997-2009 or 830/997-8448

29—AUSTIN: Esther's Follies New Year's Eve Show Along with the usual servings of comedy and merriment, Esther's rings in the New Year with a full buffet and champagne toast at midnight. Esther's Follies, 525 E. Sixth St. [www.esthersfollies.com](http://www.esthersfollies.com) 512/320-0553  
30-31—AUSTIN: Five By Design's Radio Days Ride the airwaves through the early 1940s when Five By Design takes the audience on a sentimental journey to a simpler time jam-packed with Big Band sounds and hot rhythms. Begins at 8 p.m. Palmer Events Center. [www.austinsymphony.org](http://www.austinsymphony.org) 888/462-3787 or 512/476-6064

31—AUSTIN: First Night Austin Street corners are transformed into galleries and storefronts into stages as this festival of art, imagination and creativity spreads across downtown. The alcohol-free New Year's Eve celebration of the arts includes an afternoon family festival, grand procession down Congress Avenue, family finale at City Hall and a Midnight Finale. [www.firstnightaustin.org](http://www.firstnightaustin.org) 512/476-5577

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.

## Peel, Inc. Printing & Publishing



**Publishing  
community newsletters  
since 1991**

**Kelly Peel, Sales Manager**  
[kelly@PEELinc.com](mailto:kelly@PEELinc.com) • 512-989-8905

**512-989-8905**  
**[www.PEELinc.com](http://www.PEELinc.com)**

We currently publish newsletters for the following subdivisions:

### Austin:

Barker Ranch  
Cherry Creek on Brodie Lane  
Circle C Ranch  
Courtyard  
Coventry  
Davenport Ranch  
Estates of Shady Hollow  
Granada Hills  
Highland Park West Balcones Area  
Lakeside Estates  
Ridgewood  
Scenic Brook  
Settlers Estates, Crossing, Overlook  
Westcreek

### Houston:

Berkshire  
Cypress Mill  
Fairfield  
Harvest Bend, The Village  
Hastings Green  
High Meadow Ranch  
Lakes on Eldridge  
Lakes on Eldridge North  
Sommerall  
Steeplechase  
Strathmore  
Summerwood  
Village Creek  
Villages of Langham Creek  
Waterford Harbor  
Willowbridge  
Willowlake  
Willow Pointe  
Winchester Country  
Winchester Trails  
Wortham Village

**Joy to You & Yours**



Name	Connie Hudson
Member Since	March 2005
Age	56
Results	Lost 35 Lbs. Lower Blood Pressure Lower Blood Sugar Level



*"In 2005 I was diagnosed with diabetes and my doctor encouraged me to lose weight to improve my health. This led me to BodyBusiness at Davenport Village. I joined immediately and after 10 weeks on their Lean & Fit program, I had lost 35 Lbs, my blood pressure was back to normal, my blood sugar level was under control without medication, and I felt WONDERFUL!"*

*"I could not have had this success without the encouragement that the supportive and knowledgeable staff at BodyBusiness gave me."*

**Want To Get Results -  
Call Us Today!**

★ 360 and Westlake Drive  
(in Davenport Village)

**306-0557**

★ 2700 W. Anderson Lane  
(By Alamo Draft House N.)

**459-9424**

**[www.bodybusiness.com](http://www.bodybusiness.com)**

**Peel, Inc.**

P.O. Box 886  
Littlefield, Texas 79339

Presorted Standard  
U.S. Postage  
**PAID**  
Littlefield, Texas 79339  
Permit #59

☎ **Voice 512-989-8905**

💻 **[www.PEELinc.com](http://www.PEELinc.com)**