

Courtyard Homeowners Association, Inc.

December 2007

Volume 6, Number 12

Greetings Members

This month we would like to continue last year's campaign to promote and remind members of the importance of sending in their voting proxy for the Courtyard's annual meeting coming up in January 2008. Although it is probably one of the last things on your minds in this holiday season, please note it is very important that a quorum be present at the annual meeting so that official decisions can be made and necessary Association business conducted. Sending in your voting proxy as soon as you receive it in the mail will help insure that the required quorum will be present. Residents' efforts to return their proxies in a timely manner saves the Association the time and costs of having to schedule and hold a second annual meeting in the hopes of securing a quorum for business. Although we would like very much for every resident to attend this meeting, we know, as a practical matter, that it is just not always possible. For this reason, when it arrives in the mail, we urge you to take some time to look over the written information about the annual meeting, contact any Board member or Marilyn Chambers, the Association's management company representative if you have any questions, and sign and return your proxy as soon as possible. We also recognize that it is often difficult to know this far ahead whether your schedule will permit your attendance. Please note that sending in your proxy early in case you cannot attend the annual meeting in person will not prevent you from showing up at the meeting and voting directly yourself.

Finally, we wish you all a Merry Christmas and a safe and happy Holiday season.

Your Courtyard Homeowner's Association Board of Directors



Book Club Meeting

The Courtyard Book Club will meet at 1:00 p.m. on Tuesday, December 11, at the Courtyard Tennis Club. Come be a part of our Holiday Party. No book to read ahead of time. Simply bring one of your favorite books -- gift wrapped for an exchange. Be prepared to tell why or what made the book you selected to bring is so appealing. Books chosen can also be selected by another guest or traded for still another book. Please come join us for the fun!

Should you have any extra time in your busy holiday schedule, January's selection is The Glass Castle by Jeannette Walls. Ms. Walls is a journalist whose writings have appeared in New York Magazine, Esquire, USA Today, and MSNBC.com. In The Glass Castle, she chronicles her unique childhood, sharing remarkably fond memories of her eccentric, nomadic parents who refused to conform to society's ideas of responsibility, leaving their children to fend for themselves for even the most basic of needs, such as food and shelter.

Ms. Walls tells her story in a straightforward nonjudgmental fashion that is not touched with anger or self-pity, belying events that often shock her readers with her almost innocent

presentation of the facts. From the desert of the Southwest to West Virginia, her account of an impoverished life is a powerful and moving first-person testament to what it means to be poor. After moving to New York City, where she went to Columbia University's Barnard College, her parents followed her, only to become homeless. She explains in detail the effects of poverty and what can be done to break the cycle. A major motion picture about her life is currently being developed.

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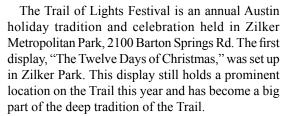
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Trail of Lights 2007



The first festival lasted four days and consisted of a candlelight path, dance performances, a live nativity scene, and the Yule log. In 1967 the Zilker Tree, the "World's Largest Man-made Tree", made its first appearance at the festival. Through the years the festival continued to grow and long lasting traditions, such as a trail of lighted displays, a 5K run, the Zilker Tree lighting, an Opening Night Parade. In 1992, the festival was renamed the Trail of Lights.

The modern day Trail of Lights is a mile long display of 43 lighted scenes, US Post Office, Santa's House, the Yule Log, and an entertainment stage. The

festival begins with the lighting of the Zilker Tree, a 155 feet tall, 180 feet diameter lighted tree consisting of 3,309 bulbs on 39 streamers strung from Austin's historical Moonlight Tower. Since 1987 the honor of lighting the tree has been bestowed upon the winner of the city-wide children's tree coloring contest. The tree lighting ceremony takes place on December 2, 2007, the first Sunday of December.

The following Saturday, December 8, 2007, a 5k Run is held as a preview event to the Trail of Lights. Participants in the 5k Run are the first to experience the Trial if Lights, as the route takes them through the mile long display which is lighted for the first time during the run. Each year a parade serves as the opening event for the Trail of Lights. The festival opens on, December 9, 2007, the second Sunday of December and runs through the 23rd. In 2006, over 375,000 visitors experienced the Trail of Lights.



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Bull Creek Park Addition

Upon completion of the approved kayak/canoe storage racks in late October, resident owners wasted no time in getting their kayaks and canoes into their assigned spaces and starting to enjoy the easy access to the water that these racks afford. Boat owners, their families and friends, celebrated with a cookout in the Park near the racks on Sunday afternoon, November 4. Suggestions are already coming into the kayak/canoe committee for possible future activities involving the boats such as races in an area where on-shore residents can watch and enjoy.

Although the physical construction of the racks is complete, Kayak Committee members wish to reassure everyone that landscaping work for screening around the area of the facility has not been forgotten. Plans are in progress to complete this work with the intention of getting things planted over the winter before the "really" hot weather returns. Offers to donate local native Texas type drought and insect resistent, happy-in-partialshade large shrubs/trees will be accepted.

Residents who served on the planning and construction stages for this facility are working to draft a set of plans for the continued management of the rack and are seeking input from other interested persons in the neighborhood. Noting the growing number of residents already on the waiting list for a space, one of the initial problems being tackled is setting up fair and equitable rules concerning how spaces are to be allocated. Current committee members also hope new members will join the committee in the "post construction" phase. Please contact member of the Kayak Committee or any Board member if you have ideas and/or comments to share, and/or are interested in being on the committee.

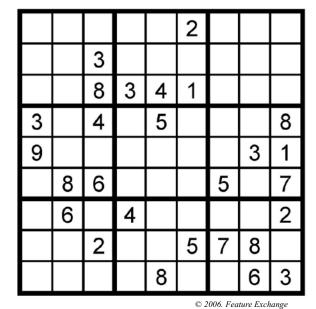
Current Committee Members

Augusto Villalon avillalon@pbsj.com Waneen Spirduso spirduso@mail.utexas.edu David Tait dtait@intergate.com

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Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.



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Strawberries Boost Heart Health



(NAPSA)-First it was cholesterol, then "bad" cholesterol (LDL) and

"good" cholesterol (HDL). Now there's a new factor that may be important in predicting the risk of heart disease: it's called C-reactive protein, or CRP. A new Harvard study suggests that

eating strawberries at least two

times a week may be associated with reducing elevated CRP and LDL levels.

CRP is a protein in the blood that is elevated in response to injury, such as the chronic injury to blood vessels that comes from having damaged arteries. Previous studies have shown that elevated CRP may explain heart disease in people who otherwise appear to have very low risk, even among those with normal cholesterol levels.

Eating a diet rich in fruits and vegetables can lower CRP, an effect attributed to the high amounts of antioxidants found in these foods. Because strawberries are an antioxidant powerhouse, they were singled out for a closer look by nutrition scientists.

In the new study, diet records and blood samples from 27,000 women enrolled in the Women's Health Study were analyzed and compared with their risk of developing heart disease over a 10-

year period. When the women were separated into high- and low-strawberry intake groups, those with the highest intakes-two or more servings of strawberries a week-were found to be less likely to have elevated CRP in their blood. They also had slightly lower cholesterol levels.

Although the study was not designed to show cause and effect, the findings add to a growing body of research showing how eating strawberries may support a healthy heart.

The researchers also noted that the women who ate the most strawberries were the same ones most likely to engage in a hearthealthy lifestyle. They are more fruits and vegetables daily, exercised more and smoked less.

For more information about California strawberries and heart health, visit www.calstrawberry.com.

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Courtyard residents, limit 30 words, please e-mail *LouBetty@aol.com*.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales at 512-989-8905 or *advertising@PEELinc.com*.



Be a Good Neighbor! Tips for Having a Clean and Safe Holiday Season

It's OK to Think GREEN!!!

The holidays are here, and our community finds great joy in decorating with lights, wreaths and, of course, trees. If you haven't decided on whether to use a fresh or artificial tree, consider the following:

- Your Christmas tree has been intentionally grown for your enjoyment and is a renewable source.
- Ninety percent (90%) of the trees sold are grown on plantations as a crop. Ten percent (10%) come from natural stands. Of all trees sold in the United States, 90% are grown here and 10% come from Canada.
- About 1 million acres are in production for growing Christmas trees. Christmas trees are often grown on land that is unsuitable for farming. By utilizing these fields, tree farmers help to control soil erosion and provide year-round homes for wildlife.
- Over 100,000 people are employed by the Real Christmas tree industry in the United States.
- One acre of Christmas trees produces the daily oxygen requirement for eighteen people. During photosynthesis, trees absorb carbon dioxide and emit oxygen.
- For every full grown tree that is cut, two to three seedlings are planted in its place. This is even better for the environment because young trees have a higher rate of photosynthesis than do older trees.

Tree Maintenance

• Care for the tree as carefully as you would for cut flowers.

• Keep the tree outdoors or on a cool porch until you are ready to decorate. An area that provides shelter from wind will also help the tree retain its moisture.

Make a fresh straight cut across the trunk about one inch up from the original cut and place the trunk end immediately into fresh water. This opens the tree stem so that it can take up water. If you allow the water level to drop below the trunk, a seal

will form just as it does on a cut flower and a new cut will be necessary. As long

as the tree keeps drawing

water, it will remain fresh.

Trees are thirsty! They may drink between two pints to a gallon
of water per day. Make sure to check daily and supply fresh water
as needed. Remember, a fresh supply of water is essential to keep
the tree fresh.

Holiday Safety

- Be sure the tree is well supported in a water-holding stand and is away from fireplaces, radiators, TV sets, and other heat sources.
 These elements can prematurely dry your tree.
- · Avoid use of combustible decorations.
- · Check all electric lights and connections.
- Do not use lights with worn or frayed cords and do not overload wlectrical circuits.
- Lights should be off when the house is unattended and when you retire each evening.
- NEVER use lighted candles!!!!!!
 Tree Recycling

The most common use for old trees is mulching. You can do it yourself with a chipper or donate it. Many Central Texas communities offer curbside or drop-off locations for your unwanted tannenbaum. Here in the Courtyard, we are City of Austin "Pay-As-You-Throw" customers and can, fortunately, place our trees on the curb on regular service day. Beginning on December 26th, trees will be collected along with yard trimmings.

- Set your tree at the curb by 6:30 a.m. on collection day.
- Remove all decorations and the stand.
- Only the tree itself can be recycled.
- Do not put your tree in a "tree bag" before placing it at the curb.
- Trees 6 ft. tall or taller must be cut in half.

The Austin Fire Department suggests you remove the tree from your home as soon as needles begin to fall off easily when the tree is touched. You should not burn your Christmas tree in a fireplace or wood stove. Dried evergreens are highly flammable and may contribute to creosote, a flammable tar, buildup.

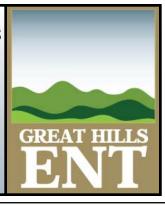
Wrapping Paper

Put wrapping paper in the trash, not in the Recycle containers. Information provided by Papa Noel's, City of Austin, and your friendly neighborhood Compliance Committee

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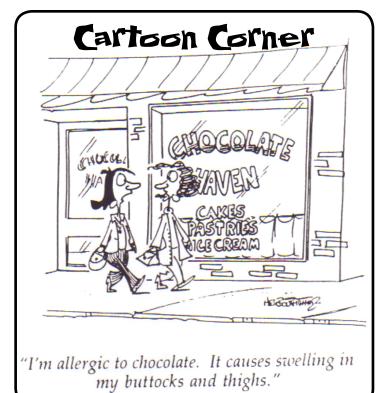
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Texas Events - December

1-30—AUSTIN: Rehearsing the American Dream: Arthur Miller's Critical Theater This Arthur Miller exhibition uses his plays Death of a Salesman and The Crucible to explore conscience in theatrical expression. Harry Ransom Humanities Research Center. www.hrc. utexas.edu 512/471-8944

1-31—AUSTIN: Revolution to Renaissance: Mexican Art from the Aaron Collection Exhibit highlights works created between the 1890s and 1950s that were difficult to find and acquire, and it documents the history of Mexican art. Mexic-Arte Museum. www. mexic-artemuseum.org 512/480-9373

1-Jan. 6—AUSTIN: In Citizen's Garb: Southern Plains Native Americans 1885–1891 Exhibit explores how dress — and life — changed for the Kiowa and Comanche tribes as they gradually adjusted to the new life forced upon them by the U.S. government. The Bob Bullock Texas State History Museum. www.thestoryoftexas. com 512/936-8746

1-Jan. 13—AUSTIN: It's a Nano World Visitors are introduced to really small things and the tools scientists use to see them. Austin Children's Museum. www.austinkids.org 512/472-2499

1-May 26—AUSTIN: Bills, Bills, Bills: Lyndon Johnson as Senate Majority Leader Exhibit covers LBJ's senate career from his election in 1948 to his election to the vice-presidency in 1961. Lyndon Baines

Johnson Library & Museum. www.lbjlib.utexas.edu 512/721-0200 6-11—AUSTIN: Christmas at the Carillon Performances are Dec. 6–9 at The Carillon, as well as Dec. 8 at University Presbyterian Church; Dec. 9 at St. Mathew's Episcopal Church; Dec. 10 at St. Mary's Cathedral; and Dec. 11 at St. Martin's Lutheran Church. www. conspirare.org 512/476-5775

8-9—AUSTIN: Luminations Enjoy luminarias, music, refreshments and more. Lady Bird Johnson Wildflower Center. www.wildflower. org 512/232-0100

16—AUSTIN: Jose Feliciano One World Theatre. 512/329-6753

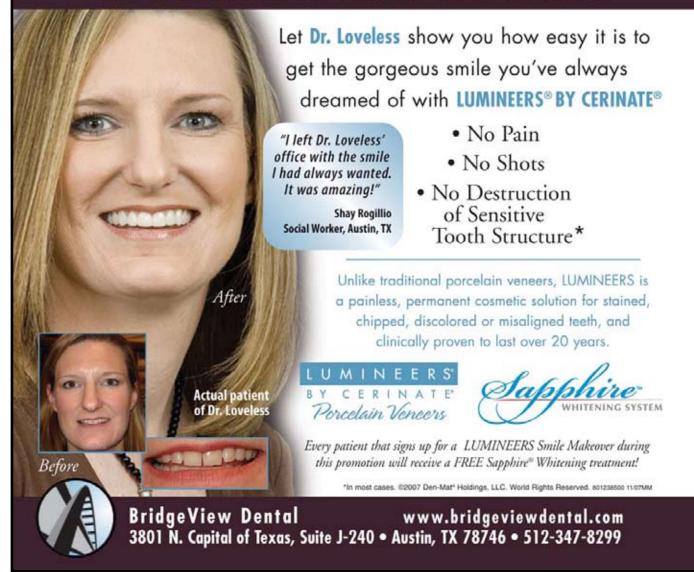
23—AUSTIN: Bah Humbug! — A One-Man Christmas Carol Begins at 7:30 p.m. Dougherty Arts Center. www.thecompanytheatre.org 800/838-3006

31—AUSTIN: First Night Austin Revives the ancient tradition of marking the passage of time with art, ritual and festivity. Transforms downtown Austin into a stage for the visual and performing arts. www.firstnightaustin.org 512/476-5577

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