



LAKES

ON ELDRIDGE
NORTH

Volume 6, Issue 11

November 2007



Comes to the Berry Center in Spring 2008

Exciting, information-packed show is first of its kind in the Cy-Fair area

The formerly small, rural community of Cypress, Texas has grown to be one of the most affluent suburban areas of Houston, with such developments as the 11,000 master-planned development of Bridgeland Community near Fry Road and Hwy. 290, Remington Ranch, CanyonGate/StoneGate and many more.

Cypress, one of the fastest-growing communities in Greater Houston, now has something else to boast about. It will soon be home to The First Annual Cy-Fair Home & Garden Show, announced Tony Wood, president of Texwood Shows, Inc. On March 1-2, 2008, Wood will bring his magic mix of Home & Garden professionals and industry-leader presenters to the Berry Center, Cy-Fair ISD's new \$70 million, state-of-the-art facility.

"Statistics show that the Cy-Fair area is ready for a show of this magnitude," said Wood. According to the Cy-Fair Chamber of Commerce, the population of the area is over 650,000 and is expected to climb

to over 750,000 by 2009, and the average household income is projected to be over \$71,000 that same year.

"We've already received enormous interest in the show from exhibitors who want to participate, and we're lining up a fabulous group of speakers who are all tops in their field," said Wood, who has presented the Spring and Fall Home & Garden Shows in The Woodlands for the past five years.

Categories to be covered include kitchen and bath trends, outdoor living and gardening, home technology and media rooms, the latest in home furnishings, wine cellars, organizing professionals, window treatments, flooring, newest appliances and much more.

"We're looking forward to bringing this exciting and informative show to the Cy-Fair community," said Wood. For more information about the show, contact Wood at 713-661-0109 or at texwood@sbcglobal.net.

You're Invited!!!

Cypress Christian School invites you to very special events!

Love Music?

The CCS High School Choirs will hold their annual Christmas Concerts on November 30 and December 14.

Love to Read?

Buy a book at the Barnes & Noble Bookstore in Copperfield on the evening of December 5 and a portion of your purchase will benefit the school libraries for our K-12 students.

Love to Laugh?

Winter Banquet - Saturday, January 26 to be held at the Downtown Aquarium featuring Comedian David Ferrell and KSBJ Radio Personality, Susan O'Donnell.

This year's event will be a "laugh a minute" with the two special celebrities set to perform.

Happy
Thanksgiving
to All!



Lakes on Eldridge North

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(Service or emergencies 24 hrs)	713-983-3604
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(give pole # of street which is out)	
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Time Warner Cable	713-462-9000
Houston Chronicle	713-220-7211
Metro Transit Info	713-635-4000
Kirk Elementary	713-849-8250
Truitt Middle School	281-856-1100
Cy-Falls High School	281-856-1000
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Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10th of each month. Submissions are subject to space limitations and editorial approval. Submit at www.PEELinc.com

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10th of each month for publication in the following month's newsletter. Submit classified ads at www.PEELinc.com.

ADS: Deadline for submitting ads is the 10th of each month for publication in the following month's newsletter.

Please contact Peel, Inc. Sales Office at 888-687-6444 or advertising@PEELinc.com for information on advertising.

Advertising Information

- Please support the businesses that advertise in the Lakes on Eldridge North Newsletter. Their advertising dollars make it possible for all Lakes on Eldridge North residents to receive the monthly 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 our Sales Office at 888-687-6444 or e-mail advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

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Article Submissions

Please e-mail articles and/or photos to articles@PEELinc.com. Submissions must be received by the 15th of the month for the following month's issue. (Advertising deadline is the 10th of the month.)

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How to Avoid Stressing Out Over the Holidays

- Establish a limit on money spent on gifts with your family and friends.
- Create a budget for your gifts and buy one or two each week so you don't have to rush in the last week or pay for them all out of your holiday paycheck. Try to shop at stores that will gift-wrap for you.
- Write cards early. Better yet, order cards online with a pre-typed message that lets everyone know how you're doing; then just add a one-line personal message by hand.
- Decide in advance how much work you can reasonably manage for a get-together. Once that is established you may want to look into options for those tasks you won't be able to get to. For instance, you may want to schedule a maid service for house cleaning or focus your cleaning on just the main rooms people will use.
- Have a couple of special dishes that you make from scratch and buy the rest pre-made

or arrange for relatives to bring a dish to your gathering.

- Sit down several times a day and focus on your breathing. Empty your mind of everything else.

- Get out of the house for some exercise; it's a proven mood-booster.

- For parents – make sure you have enough activities to keep your kids busy. If they are old enough, enlist their help with some chores and entertaining and then reward them with a new activity.

- Don't set your expectations too high. If something doesn't go according to plan just laugh it off.



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This holiday season, you deserve some time off, too!



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Happy Thanksgiving

HOLIDAY EVENTS AND THINGS TO DO:

Finding Nemo Presented by Disney on Ice.

Nov 7-11. Houston events at Reliant Stadium.
Call 713-629-3700 for tickets.

A Christmas Carol:

A Ghost Story of Christmas by Charles Dickens.

Nov. 20-Dec. 29th. Houston events at the Alley Theatre. Call 713-220-5700 for tickets.

HEB Holiday Parade

Nov. 22. The parade kicks off the holiday season in true festive spirit with high flying balloons, fantastic floats, costumed characters and the season's first glimpse at Santa Claus. Houston events in Downtown Houston.

22nd Annual Uptown Holiday Lighting.

Nov. 22. Come out to Uptown Park next to the Galleria and see a half-million twinkling lights, a sparkling electric light parade, and exciting holiday stage show and a special appearance by Santa Claus.

The Nutcracker

Presented by the Houston Ballet.

Nov. 23-Dec.29. Call 713-227-2787 for tickets.

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Cy-Fair College Perspective

Health Fair Set Nov. 13 at Fairbanks Center

Need a flu shot (11 a.m. to 1 p.m.) or a massage (\$1 per minute) perhaps? Want to visit with allied health students or give the gift of life? The Cy-Fair College Fairbanks Center is holding a free health fair from 10:30 a.m. to 3 p.m. Tuesday, Nov. 13. Student projects, displays, vendors and snacks will be included. The Fairbanks Center is located at 14955 Northwest Freeway. For information, call 832-782-5000 or go to www.cy-faircollege.com.

Enjoy the Holidays at Cy-Fair College!

The Choral Department presents "Kismet" an enchanted fairy-tale story Nov. 1 through Nov. 3 and "A Winter Collection" of not your ordinary carols Dec. 6 through Dec. 7. The Theatre Department presents "The Honky Tonk Angels Holiday Spectacular" a musical comedy revue Nov. 8 through Dec. 2. The Music Department presents a Jazz Band performance and improvisation Dec. 5. All performances are in the Center for the Arts Building on the Barker Cypress campus. For reservations and ticket information, call 281.290.5201 or go to www.cy-faircollege.com/cfcboxoffice.

Register for Mini-mester and Spring Semester Classes

Catch up or get ahead this holiday season! Take a mini-mester course in December or register early for spring. Phone and online registration begins Nov. 13 with on campus registration set Nov. 26. Mini-mester classes begin Dec. 17. Mini-mester courses range

from criminal justice, philosophy, sociology and ethics, to algebra, history, government and communications. Spring semester classes begin Jan. 14. Cy-Fair College provides a variety of options such as weekend, evening, distance learning and even hybrid (part on campus instruction and part online learning) courses. For information, call 281-290-3200 or 832-782-5000 or go online to www.cy-faircollege.com.

Ever Thought About a New Career in Teaching?

Cy-Fair College will host an information session on two teaching programs Nov. 8 on the Barker Cypress campus in the Conference Center. The session will start at 5 p.m. and will cover information on the Associate of Arts in Teaching/Bachelor of Arts in Interdisciplinary Studies (AAT/BAIS) joint enrollment program, in which participants can earn a University of Houston bachelor's degree while taking classes on the Cy-Fair College campus. Then at 6 p.m., learn how to enter the teaching profession through the Alternative Certification Program. Call 281-290-3957 or go to www.cy-faircollege.com/tcp for information.

Art Exhibition Showcases Student Talent

Don't miss this is the end-of-semester exhibition Nov. 13 through Dec. 16 where Cy Fair College's visual art students show work they have completed in their classes. The exhibition showcases

(Continued on page 7)

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(Cy-Fair College - Continued from page 6)

the students' talents as well as the breadth of Cy Fair College's art program. Meet the artists at a 4:30 p.m. reception Nov. 15 in the Bosque Gallery located in the Center for the Arts Building on the Barker Cypress campus. For gallery hours and information go to www.cy-faircollege.com/bosquegallery.

L.I.F.E. Lessons in November and December

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Cy-Fair College Branch Library (Room 131.) November programs include Native American History "Arrows to Wampum", Geography awareness "The World is Flat" and a Toastmasters on how to speak with confidence. In December, learn how to combat weight gain during the holidays and then the following week celebrate with a "Party Pot Luck." Call the library at 281-290-3213 for L.I.F.E. program information or check the library web page online at <http://cfclibrary.nhmccd.edu>.

Classified Ads

Business Classifieds are \$45.00. Please contact Peel, Inc. Sales at 888-687-6444 or advertising@PEELinc.com.

Pearl Guild

The Pearl Guild of The Pearl Fincher Museum of Fine Arts at Cypress Creek will hold their monthly meeting at the Forum at Cypress Creek Christian Church on Monday, November 26, 2007 from 9:30-11:00 a.m. Please join the Guild for a presentation on "Highlights of the Rienzi Collection" given by a docent of the Museum of Fine Arts, Houston Speakers' Bureau. A reception will follow the lecture.

To learn more about The Pearl and upcoming events, visit us at www.pearlmfa.org.

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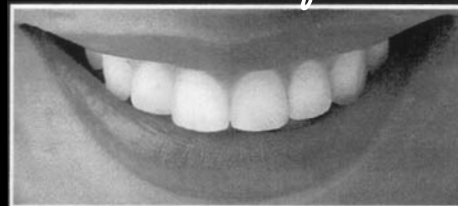
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Lakes on Eldridge North

An Invitation to All the Women of the Community

Please join us on Tuesday, January 15th and every Tuesday for twelve weeks for an evening of study and fellowship with author Mindy Ferguson as she presents her study "Walking with God".

In this Bible study, you'll discover why walking with God means living your faith. It's trusting in Him and Him alone. It's seeing the giants, but stepping confidently into the future because you believe the promises of Christ.

Walking with God is the difference between slavery to sin, and freedom in Christ. It's victory not defeat. It is living the promised life!

Tuesday Evenings, 6:45-8:30pm

Beginning January 15th

Author and Cypress resident Mindy Ferguson will give live lectures at each session.

Contact aynnedaugherty@yahoo.com or

Call the church office at 281-373-2273.



Gardening Tips

By Belinda Smith

(Provided by Travis County Master Gardener Association)

Things to Plant in November:

Flowers: Ajuga, Alyssum, Bluebonnet, Butterfly Weed, Calendula, Candytuft, Carnation, Chinese Forget-Me-Not, Clarkia, Cornflower, Dianthus, Daisy (English, Shasta and Painted), Euryops, Forget-Me-Not, Gazania, Indian Blanket, Liatris, Nasturtium, Pansy, Penstemon, Petunia, Phlox, Obedient Plant, German Primrose, Salvia, Sedum, snapdragon, Stock.

Flower Seeds: Alyssum, Bluebonnet, Calendula, Candytuft, Cornflower, Daisy, Delphinium, Hollyhock, Larkspur, Nasturtium, Pansy, Petunia, Phlox, Pinks, California Poppy, Scabiosa, Snapdragon, Sweet Pea, Sweet William, Verbena, Viola, Wildflowers.

Bulbs: Allium, Amarcrinum, Calla, Autumn Crocus (Colchicum), Cooperia, Daylily, Dietes, Hardy Cyclamen, Spider Lily, Louisiana Iris, Liriope, Lycoris, Iphelon, Monkey Grass, Muscari, Star of Bethlehem, Rain Lily, Society Garlic, Spraxis, Aztec Lilly

Things to Do in November:

Fertilize: Fertilize strawberry beds with a 3-1-2 ratio fertilizer. Keep soil moist to promote good plant vigor and berry production next spring.

Water: Water everything well before a freeze.

Transplant: Divide and transplant crowded perennials throughout the winter months. Now is the best time to move woody ornamentals. Prepare the new site before transplanting.

Prepare Soil: Have landscape and garden soils tested now to determine soil balancing needs. Check winter mulch and replenish if needed. Stockpile leaves for mulch and composting throughout spring and summer.

Lawn Care: A mulching mower makes raking lawns obsolete or use grass catcher as a mulch catcher. Use shredded leaves and grass clippings as mulch or put into the compost bin.

Diseases/Pests to Look For: Watch roots of removed annuals for nematodes.

Prune: After blooming, chrysanthemums should be cut back almost to the ground. Prune long, gangly shoots on shrubs. Remove dead and damaged wood from shrubs and trees.

Note: To repel deer: spray your plants with fermented hot peppers combined with dishwashing liquid. Hot mouth for the deer!

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Lakes on Eldridge North

Come Join The Cy-Fair Express Network

Visitors welcome at monthly networking group in Cy-Fair

The Cy-Fair Express Network's monthly networking and membership drive. This is our largest networking event of the year.

All are welcome to attend CYFEN networking luncheons, which are held from 11:30 a.m. to 1 p.m., the fourth Thursdays of the month at La Hacienda Banquet Hall (behind the restaurant) located at 12503 Telge Road.

Bring business cards for networking, which begins at 11:15 a.m. followed at noon with the program and lunch.

The cost is \$25 with reservations and \$30 at the door. Reservations should be made by noon the Friday prior to the meeting to Belinda Fultz at bfultz@minutemanpress.com.

For information on CYFEN, go to www.cyfen.org or send inquiries to info@cyfen.org.

About Cy-Fair Express Network

The Cy-Fair Express Network (CYFEN) is part of the American Business Women's Association (ABWA). The vision of the Cy-Fair Express Network is to bring together businesswomen of diverse occupations, to provide opportunities to help them grow personally and professionally through leadership, education, networking, support and national recognition. CYFEN meets the fourth Thursday of each month and visitors are always welcome. Go to www.cyfen.org for information.

Children's Concert at Cy-Fair High Thursday November 8

Cy-Fair High School Orchestras annual Children's Concert will be held in the school auditorium on Thursday November 8, 2007, beginning at 7:30 pm. They will perform with the Arnold Middle School Orchestra. The concert's main theme is based on the animated show SpongeBob SquarePants, and the concert will also feature characters from another popular animated show Lilo and Stitch.

The evening fun begins at 6:30 with face painting, balloons and clowns. Cakes, other bakery and confections will be available to bid on as part of an auction and fundraiser.

The event is free and open to the public. The high school is located at 22602 Hempstead Highway. Mrs. Cynthia Robicheaux is director of the Cy Fair High School String Symphony and the Cy Fair High School Chamber Orchestra. Ms. Janis Garcia directs the Arnold Middle School Orchestra.

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Lakes on Eldridge North residents, limit 30 words, please e-mail articles@peelinc.com.

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

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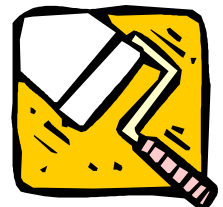
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Lakes on Eldridge North

Rx FOR COMMUNICATING WITH YOUR DOCTOR

Making the Most of an Appointment

When it comes to health care, nothing is more important than good communication. Whether you're undergoing a routine physical or are being treated for a serious illness or injury, a positive and open relationship with your doctor can help ensure you receive the best care possible at every office visit.

Michael Romain, M.D., an internist at The Austin Diagnostic Clinic, offers the following tips on effective ways to communicate that help both the patient and the physician:

Set goals. Why are you going to see the doctor? What do you hope that the doctor will do for you? "Answering these questions in advance can help you clearly communicate to your doctor what you expect from the visit," says Dr. Romain. "Before your appointment, take a moment to actually write down, in one or two lines, why you're going to the doctor."

Be specific about symptoms. Stating "my chest hurts" is a start, but being specific about symptoms can help your doctor narrow down potential health problems and which tests or medications should be prescribed. "Explaining that 'my chest hurts when I walk up the stairs,' or 'my chest hurts when I eat spicy foods,' is a much clearer description of a problem," says Dr. Romain. "Also, don't forget to state how long you've had any symptoms, how long they last when you have them and whether any memorable event, such as a fall or car accident, might have triggered them."

Be honest. Your doctors only know what you tell them. Leaving out details or not answering questions truthfully can hinder your health care, and, in some cases, have life-threatening consequences. "While it can be difficult to talk about some personal health concerns, a doctor who doesn't fully understand a patient's problem cannot effectively help a patient. Don't let embarrassment stand in the way of the care you need."

Provide information. Are you taking an unprescribed herbal medicine? Have you been on a new diet the last few months? "Don't be afraid to volunteer information that your doctor or his or her nurse might not have asked," advises Dr. Romain. "Sometimes a seemingly insignificant lifestyle or medication change can have serious effects on your health."

Listen. Communication is a two-way street. Once you've provided information to the doctor, it's time to listen up. "It's perfectly acceptable to take notes while a doctor is talking," says Dr. Romain. "Sometimes the amount of information a doctor provides can feel overwhelming. Jotting down key words or thoughts can also help you formulate any questions you might have while you're still at the office."

Ask questions. The more you understand about your health care, the more in control you're going to feel. It's critical that you understand what you've been diagnosed with, the treatment option your doctor is recommending and why, and what the possible outcomes are. "Never be afraid to ask a question," says Dr. Romain. "If you ask a question and you don't understand the answer, ask your doctor to repeat the answer in a different way."

It's especially important to ask questions about medications you've been prescribed, Dr. Romain adds. Ask your doctor about the potential side effects of the medication and when you should call the doctor if you experience any of them. Also, find out how long you need to take the medication and when you should expect results.

Summarize. "Before your visit with your physician is over, take a moment to repeat back what you've learned and what steps you're supposed to take next," says Dr. Romain. "For example, 'I have high cholesterol and you want me to take this medication once a day. Then you want to see me back in six months.'" This helps ensure that you and the doctor clearly understand each other and that there has been no miscommunication.

Whether you've been seeing your doctor for years, or are seeing a new doctor for the first time, effective communication can help build a solid, effective partnership that results in positive health outcomes.

There is no question that doctors are busy, says Dr. Romain, but a patient should always feel that all of their questions and concerns are being addressed. "If efforts to communicate with your doctor don't seem to be working, don't be afraid to find a doctor that you feel more comfortable with," he adds.



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Annie urgently needs foster home for socialization so she will become less fearful of new people & places and thereby ready to be put up for adoption. She does not meet new people when in the kennel environment of the animal clinic.

Annie is an American Pit Bull Terrier, about 1-1/2 yrs. old, who was found on Eldridge Parkway early September. She is fully vetted, heartworm negative & weighs 45 lbs. Annie's adoption fee will only be the cost of being spayed.

Annie is a shy but very sweet, loving & playful girl in need of a faster and/or "forever" home and has captured the hearts of everyone who has met her.

She has been boarded at Tanner Lakes Animal Clinic since being found. If you are interested in fostering or adopting Annie, please ask Erika, Michelle or Natasha about her: 713-937-4484.



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Four Stages Of Improving Your Game

Submitted by Fernando M. Velasco

Tennis players, as many other individual sports, need to have “personal” attention in order to improve their games. In my 35+ years of coaching, I have been successful improving games of players who have trusted me with their games, using the Four Stages listed below.

Stage One: Consistency

Our muscles react to repetition of something that feels good and natural. If a player needs work on a particular stroke, hundreds of balls need to be given so the production of their stroke looks the same regardless of where the ball is located. Consistency of grips, foot work, anticipation, point of contact and follow-through, need to be almost “carbon” copy of each other.

Stage Two: Control

Do you know that there are only eight shots that can be executed when you hit a groundstroke? They are: cross court, down the line, flat, top spin, slice, drop shot, lob and “miss-hits” Once a player reaches the consistency of getting the ball over the net and into the court, the player needs to start working on controlling the “where” and “how” type of shot. As players advance on control, they will combine these shots, such as “top spin cross court, slice down the line, top spin lobs, etc.

Stage Three: Depth

Most players want to hit the ball an inch above the net height. If players look at most of the great players, they will realize that most of the shots they hit are at least three feet over the net and land between the service line and base line of their opponents. The balls that are “skimmed” over the net, are usually passing shots when the players come up to the net, or great winners that only a Roger Federer or an Andy Roddick can do with great control and consistency.

Stage Four: Power

Once a player feels comfortable with the first three stages, then it is time to create Power. Unfortunately, most tennis players become injured by going to the Fourth Stage too quick into the game and become frustrated, thus ruining their weekend games and being sore for an entire week due to torn muscles. Power is generated mostly by good timing, good foot work, reading early where the ball will land, and by planning the shot even before the player gets to the ball.

Most players in League level 2.5 to 4.0 will end up winning their matches by mastering the first three stages, while the ones going to stage Four too quick, will be spending their time with ice packs and taking Ibuprofen pills until the next match and start the “vicious” circle again....

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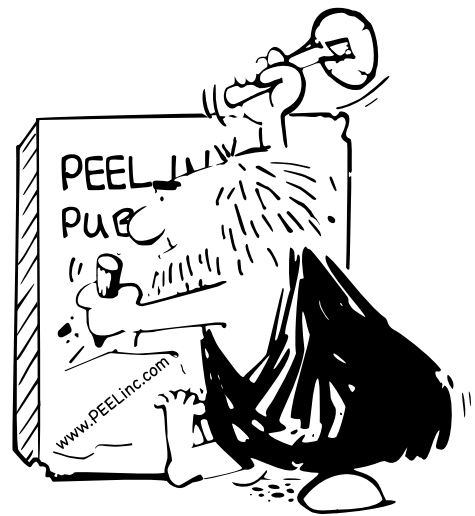
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Lakes on Eldridge North

Cy-Fair ISD VIPS Calendar

November 8 – VIPS General Meeting – 9:30 a.m. - 12:00 p.m., at The Richard E. Berry Educational Support Center, 8877 Barker-Cypress (entrance two and follow the signs)

This meeting is open to all school staff, volunteers, parents and community members. Get the latest information on what is happening in the district and enjoy the opportunity to network with your fellow volunteers and share best practices. You need not RSVP for this meeting.

November 27 – VIPS Multicultural Meeting – 9:30 a.m. – 12:00 p.m., at the Richard E. Berry Educational Support Center, 8877 Barker-Cypress (entrance two and follow the signs). The VIPS Multicultural Committee is a diverse group of school staff, volunteers, parents and community members who meet to share ideas to promote cultural understanding and respect and encourage parental involvement from multicultural families in our schools. We would love to have you join us. RSVP to: vipsrsvp@cfisd.net. (This meeting will be conducted in English).



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“Tips For Pet Owners”

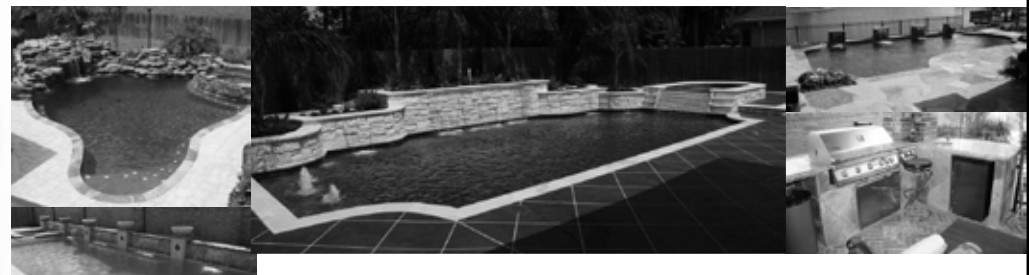
Submitted by Steven Leipsner

1. Using metal water dishes in the summer can get very hot, and burn your dog.
2. If your dog runs away from you and you finally catch up to it, no matter how angry you are at the dog, do not yell or smack it or your dog will never come back to you when called for fear of being punished.
3. Dog urination burns your lawn? Try giving them some tomato juice every day (either in a bowl or on their food) and it should solve the problem.
4. Is your dog digging? Try putting cayenne pepper in the holes – they don't like the sensation when they go back to dig again.
5. After soaking up the majority of urine or picking up the poop, baby wipes do a great job and pick up all smells with no stains behind.
6. Do not leave your pet in an area with dangling phone cords, drape cords or other items that they may strangle on. Be aware of electrical cords that may be chewed by the pet.
7. When your dog is teething, instead of have him chewing on couches, walls, etc. Buy a few (cheap) wash clothes. Soak the wash cloth and put it in the freezer. When fully frozen give it to the dog to chew, it will thaw out so have another one ready in the freezer. (Be careful when doing this with very small dogs, as they may get a chill. Have heard of small dogs getting too cold too quickly when chewing on ice.)
8. Do not leave your dog unattended on a choke chain. The chain could get caught and strangle the dog.
9. Do not leave your dog in the car unattended on hot days. Even with the windows open, temperatures in cars will reach deadly levels. It only takes 5 minutes!
10. Another solution to a dog's or cat's messing on the carpet. Go to your drugstore and buy a large bottle of hydrogen peroxide (full strength) in the brown bottle. Get a spray top for the bottle. First, blot the soiled spot on the carpet, then spray the hydrogen peroxide on the spot. Let it sit for fifteen minutes. Blot it up and the spot will be gone and there will be no odor.

(The contributing editor of this article will be glad to receive any of your “tips for pet owners” and publish them for our readers. Please send your “tips” to steve@leipsner.Com.



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Flat on Your Back?

Have you ever bent over and had to freeze, afraid to straighten back up. Have you noticed that bad feeling that comes over you when you think about doing simple things such as working in the yard, picking up your children, cleaning the house, or even just sitting for a while because you're afraid of the pain that results from doing these simple every-day activities. Maybe even waking up in the morning sometimes seems like it takes so much out of you to take those first 2 or 3 steps. What's even worse is maybe you've been told you just need to accept it and live with that pain because your only options to treat your severe back problem were dangerous steroid injections or worse...surgery.

We have great news for the 80% of the population that suffers from this type of chronic back pain. Dr. Gina Zummo of Parkway Family Chiropractic says, "up to this point, all of the treatment options given to patients are aimed at managing or reducing the symptoms of back pain. I wanted to offer a program that could address the underlying cause, not just the symptom!" Through research, Dr. Zummo found the answer for so many of her patients; the technologically advanced Spinal Decompression procedure.



What is Spinal Decompression Therapy?

It is an alternative to having back surgery that is extremely effective in the correction of disc problems and chronic back pain. Good candidates for this procedure are people who may suffer from degenerative disc disease, spinal stenosis due to disc problems, facet syndrome, sciatica, pre/ post surgical patients and more.

It's so technologically advanced that the procedure is:

- 100% noninvasive (no painful injections), non-surgical and painless.
- Resolution of your symptoms in just 4 - 6 weeks

Why Haven't I Heard Of It?

Statistics show the #2 overall reason to visit the family doctor is back or neck pain, 2nd only to the common cold. So if you are like most people, you probably started off in your family doctor's office complaining of back pain. Family doctors are not spine specialists, so many are not even aware that this latest FDA approved, revolutionary machine even exists. Your doctor most likely prescribed you a cocktail of muscle relaxers, painkillers and some recommendations for some form of outdated exercises that fail to work. When the drugs don't offer a long term solution, your doctor sends you for a surgical evaluation that is likely to end in a pain-management referral for a series of steroid injections to mask the pain...again failing to address the underlying cause. By now, your quality of life has been disrupted enough to make surgery seem like your last real option for relief.

Avoid Back Surgery with Latest FDA approved Solution

Spinal Decompression therapy is a FDA-approved technology that is clinically shown to be incredibly effective in the correction and reduction of disc problems and pinched nerves. This technology works by using clinically proven principles to non-surgically decompress the spine and reduce the pressure in the discs which facilitates the influx of vital fluids and nutrients that are desperately needed for the disc bulge to be reduced and to heal. This reduction in bulging offers relief from nerve compression typically presented as neck pain, back pain, arm and leg pain or radiculopathy.

If you are looking for a safe, painless approach, with astounding results that can eliminate the cause of neck and back pain for good in as little as four weeks, you owe yourself this call that can change your life.



Dr. Gina Zummo

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Recipe of the Month



Strudel

2 cups flour
1 C oleo
½ pt. sour cream or
half & half

canned apple pie filling
1 C powdered sugar
slivered almonds (optional)

Cut oleo into flour, stir in sour cream. Refrigerate overnight. Cut in half; roll each half out to a 16x10" rectangle. Fill center with canned pie filling. Fold over sides & ends. Bake in 350° oven 50 minutes. About 15 minutes before taking out of oven, sprinkle with almonds if desired. Combine powdered sugar & 3 T water to make icing. When cool, drizzle with icing. Any flavor pie filling may be used.

*If you would like to submit YOUR recipe to the
Lakes on Eldridge North newsletter email it to articles@peelinc.com.*

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Teenage Jobseekers

The following young people are interested in making a little extra money. If you would like to be included, removed, or updated in the next issue, please submit at www.PEELinc.com. *All information must be received by the 10th of the month.*

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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.

	9					5	6	3
				6		4	1	
			3					
				2	5	8		
2	6				3			1
		5	7					
1			9					5
3		8				9		
				5				4

*Soutlion at www.PEELinc.com

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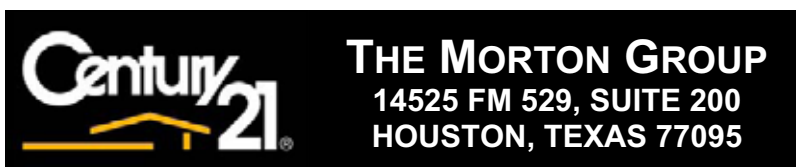
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Karl B.

"I am writing to thank you for all your help in successfully marketing & selling our US home as part of my transfer from Houston to Stavanger, Norway. Your professional, no-nonsense approach and sound pre-sale preparatory advice was much appreciated. Your knowledge and ability to navigate the intricate processes of international oil company sale procedures was also very helpful. Your experience and understanding of the north-west Houston market proved valuable in pitching our house appropriately."

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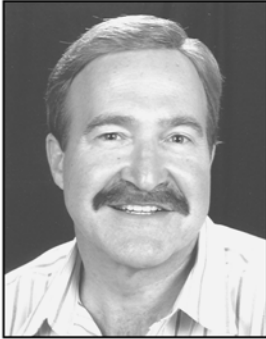
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