



LAKES

ON ELDRIDGE

Volume 7, Issue 2
February 2008

Official Newsletter
www.lakesoneldridge.net

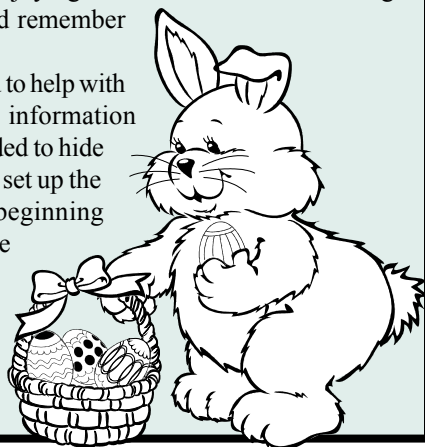
Annual Easter Egg Hunt

The annual Easter Egg Hunt for the young children of Lakes on Eldridge will be held on Saturday, March 8, 2008 in front of the Beach Club. The hunt begins at 10:00 a.m. sharp.

To participate in the hunt, parents are asked to fill a dozen plastic eggs for each child hunting and drop them off at any neighborhood drop site no later than March 7th. Egg hunt flyers, containing complete information, will be distributed door to door throughout the neighborhood. Please also watch for gate signs.

The children hunt in two separate areas in front of the Beach Club. One area is designated for the younger children, ages 1-4 and the other is for children ages 5 and up. After the hunt, everyone is invited to enjoy light refreshments. Please bring your Easter baskets and remember your camera!

Volunteers are needed to help with the distribution of the information flyers. Help is also needed to hide the eggs and assist with set up the morning of the hunt beginning at 9:00 a.m. For more information or if you can help with the hunt, please call Elizabeth Tobin at 832-467-1369.



Don't want to wait for the mail?

**View the current issue of the
Lakes on Eldridge Community
Newsletter on the 1st day
of each month at www.PEELinc.com**

MARK YOUR CALENDARS

Lakes On Eldridge Dolphins Swim Team

Registration Is Coming Soon!

The LOE Dolphins Swim Team is gearing up for another exciting swim season and it's time to get ready! **NEW REGISTRATION** – The LOE Swim Team will have online registration. Beginning June 1, please visit our website www.loedolphins.org for more information on registration.

For new swimmers, no previous swim team experience is necessary. Swimmers from age 4 to 18 are welcome to join -- the only requirement is that the swimmer can swim from one end of the pool to the other (25 yards) without assistance (brief stops at the wall or on the lane ropes along the way are OK).

Kyle Horne will continue to be our Head Coach. Kyle has an impressive resume including coaching both summer league teams and all-star teams. He is currently the Head Coach for Cy-Ridge High School swim team.

Reserve the dates below for the 2008 Season Swim Meets:

May 17	- Non-Div - Home vs. Copperfield
May 24	- Away vs. Concord Bridge
June 31	- Home vs. Fairfield
June 7	- Away vs. Deerfield Village
June 14	- Home vs. Jersey Village
June 21	- Divisional - Tomball Natatorium
June 28-29	- Invitational - Red White and Blue Ponderosa location TBA

The 2008 LOE Swim Team Board Members are:

Team Rep / President.....	Rosa Clay
Team Rep Elect / Volunteers	Kindra Rokhsaz
Vice President/ Sponsorship	Todd Thoman
Secretary / Hospitality	Lori Beck
Treasurer.....	Joe Gebara
Member At Large / Registration....	Karen Sims
Member At Large / Computers.....	* Currently Open
– applicants email us at rosaclay@sbcglobal.net	

Lakes on Eldridge

IMPORTANT NUMBERS

AMI.....	713-932-1122
Gate Attendant	713-937-8825
Waterfowl, Betty Burkett.....	713-302-9929
Sheriff - (non-emergency).....	713-221-6000
Cy-Fair Fire Department - (emergency)	281-466-6161
(non-emergency)	281-550-6663
Poison Control	1-800-764-7661
Texas DPS.....	713-681-1761
Waste Management.....	713-695-4055
(trash collection Mondays & Thursdays)	
Aqua Source.....	713-983-3602
(Service or emergencies 24hrs).....	713-983-3604
Harris County Tax Office.....	713-224-1919
Reliant Energy.....	713-207-7777
(give pole # of street which is out)	
Entex (gas).....	713-659-2111
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
Cy-Ridge High School.....	281-807-8000
Newsletter Publisher	
Peel, Inc.....	advertising@PEELinc.com, 888-687-6444

LOE Board Of Directors

To contact a member of the Board of Directors, call Alex Taylor with AMI at 713-932-1122. Leave the number where you can be reached. Mr. Taylor will then forward your message to one of the following board members:

Bronson Clay	President
Deborah Dunaway	Vice President
Lindsay Buchanan.....	Secretary
Cory Hammond.....	Treasurer

Visit the Association Website:
www.lakesoneldridge.net

Airport Noise

LOE is now in the flight pattern for both Intercontinental and Hobby Airports, which means air traffic has significantly increased. If you are concerned over the noise make a call to one or all of the numbers below. It is the number of calls and the people taking time to make them that make the most effective appeal for change for this situation.

- Houston Airport Noise Complaints Hotline: 281 233-3900
- Air Traffic Approach Number: 281 230-8441
- FAA Hotline: 1-800-255-1111

For Information Only.

NEW LOE VEHICLE DECALS AND WHY YOU NEED ONE

Beginning in 2008, we are changing the color of the LOE vehicle decal. This change is necessary to identify current residents. We are asking all residents to apply for new vehicle decals when they pay their 2008 assessment. You should obtain a new decal for each vehicle you own. Please log on to the Member Section at www.lakesoneldridge.net to download the Vehicle Decal Application Form or call AMI at 713-932-1122.

There are two primary reasons for each homeowner to obtain these decals:

1. Control & Convenience – We have many complaints by LOE homeowners of vehicles entering our gates without decals. Our goal at LOE is to enhance access control by ensuring only authorized persons enter our subdivision. Therefore, in order to expedite your entry process, clarify your legitimacy to other residents and our gate attendants, and avoid unpleasant delays at our entry gates caused by an out of date decal please obtain and display the new decal on your vehicle's windshield.
2. Only homeowners who actually pay their assessment will be eligible for a decal. No decals will be issued to a resident until the assessment is paid in full. Annual assessments are LOE's only source of income and as such are vital to the economic health of the community. Unpaid assessments cost all homeowners so please help us by paying the dues on time to meet the needs of the community.

LOE Homeowners Board

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LAKEs ON ELDRIDGE

Year in Review

2006 *vs* 2007

Price Range	Under 600K		600K Plus	
Year	2006	2007	2006	2007
Number of Sales	52	50	7	5
Avg. List Price	\$315,536	\$369,598	\$868,000	\$842,979
Avg. Sales Price	\$307,803	\$359,208	\$815,571	\$814,780
Avg. Sq. Footage	3,250	3,467	5,602	4,850
Avg. Price per Sq.Ft.	\$94.71	\$103.61	\$145.59	\$168.00
Days on Market	45	45	64	98
SP/LP Ratio	98%	97%	95%	98%

Ann Knoche

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Lakes on Eldridge

Maintenance Fees

2008 Maintenance Fees are due and are late after February 28, 2008! Your assessment funds the operation of the community such as landscaping, pool maintenance and repairs, insurance and reserving for future major repairs or replacements. For more information contact AMI or mail your payments to:

AMI
5295 Hollister St.
Houston, Tx. 77040-6205
Phone: 713-984-7250
Fax: 713-748-2572
E-mail: ami@amitx.com
Web: www.amitx.com

PLEASE NOTE

Landscapers and housekeepers should not have a remote to the community. Their names should be on file with the gate attendants and they should enter via the front entrance gate only. Please help control the access to our community by following these rules.

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MotherWise Bible Study News

The Lakes on Eldridge MotherWise group recently began its spring study program of the Book of Ruth using the bible study techniques of author Jen Hatmaker described in her book titled, *A Modern Girl's Guide to Bible Study*. MotherWise is a non-denominational bible study and prayer group. All are welcome and invited to attend the meetings.

The MotherWise group meets every other Monday at the Beach Club from 9:30-11:30 a.m. The meetings begin with prayer and the presentation of the study segment, followed by small group prayer time. The meetings also include social time and light refreshments. The MotherWise meetings are a great way to meet other mothers, support each other in prayer, and gain some spiritual enrichment.

The MotherWise group will hold its meetings this spring on the following dates: February 11th, February 25th, March 10th, March 31st, April 14th, April 28th, and May 5th.

The leaders of the MotherWise group are Kathy Prusak (713-937-7707) and Elizabeth Tobin (832-467-1369). Please feel free to contact us for further information about MotherWise. We encourage you to attend a meeting and check us out!



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LOE BOOK CLUB

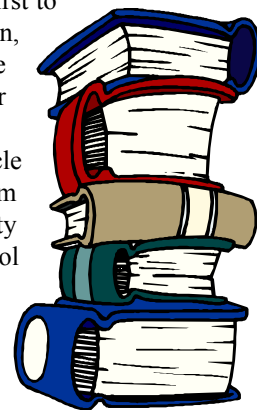
Book club has meets on the 4th Monday of each month at 7:30 P.M. We try to read a wide variety of material, so if this month's selection doesn't appeal to you, maybe next month's will. Do join us when we tackle a book on which you have comments or opinions. We will again be meeting in various members' homes, so call or e-mail Celeste Fritz, 713-896-6942, cfritzt@comcast.net for additional information. The next meeting of the LOE Book Club will be January 28th, when we will be reading *A Thousand Splendid Suns* by Khaled Hosseini. We enjoyed *The Kite Runner* so much, that we wanted to read Hosseini's next novel.

Born a generation apart and with very different ideas about love and family, Mariam and Laila are two women brought jarringly together by war, by loss and by fate. As they endure the ever escalating dangers around them-in their home as well as in the streets of Kabul-they come to form a bond that makes them both sisters and mother-daughter to each other, and that will ultimately alter the course not just of their own lives but of the next generation. With heart-wrenching power and suspense, Hosseini shows how a woman's love for her family can move her to shocking and heroic acts of self-sacrifice, and that in the end it is love, or even the memory of love, that is often the key to survival.

February 25th – They Poured Fire on Us from the Sky: The True Story of Three Lost Boys from Sudan by Alephonsion Deng, Benson Deng.

Across Sudan, between 1987 and 1989, tens of thousands of young boys took flight from the massacres of Sudan's civil war. They became known as the Lost Boys. With little more than the clothes on their backs, sometimes not even that, they streamed out over Sudan in search of refuge. Their journey led them first to Ethiopia and then, driven back into Sudan, toward Kenya. They walked nearly one thousand miles, sustained only by the sheer will to live.

Perhaps you read the article in the Chronicle in December about a "Lost Boy" from Sudan who graduated from the University of Portland and intends to go to law school to help find justice for others. This book is the actual account of three other Lost Boys and how they survived the violence in their homeland.



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Lakes on Eldridge

PLEASE SCOOP YOUR DOG'S POOP!

There are a few dog owners in our neighborhood that do not pick up after their dogs. PLEASE!! We have a beautiful community and it is such a shame to walk in the park and be confronted with some lazy, inconsiderate neighbor's dog's mess much less step in it. Everyone has an extra plastic bag in their home; just grab one before you leave the house for your walk. PLEASE SCOOP YOUR DOG'S POOP!



Helping You Get Started

Residents of Lakes on Eldridge that would be interested in learning to knit, crochet, do needlepoint or embroidery, please join us on any Thursday at the Beach Clubhouse from 10 a.m. to 12 p.m. We will be happy to help you get started. Some of our members don't even sew, they just drop by for coffee and to chat. Please come join us.

For more information contact Catherine Spellings at 713-896-1652 (home) or 713-628-7083 (cell) or CTSpellings@aol.com or Tina Wang at (713)-574-1654 or Yangingwang20022003@yahoo.com

SUGGESTION BOX

Have you ever wanted to make a suggestion to the LOE Board of Directors but don't know how to go about it? Well, they have now made it very easy and convenient for you. The Board has placed a SUGGESTION BOX in the Member Section of the LOE website, www.lakesoneldridge.com. Please type in any suggestions for the Board to review and discuss. This Suggestion Box goes directly to the Board members and after such discussion; one of the members will be in contact with you. Please note that you may be called upon to be a part of the solution to the suggestion you make.

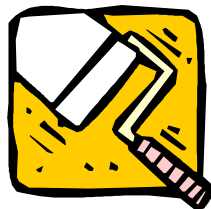
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Important Enrollment Dates for 2007-2008

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K-12 PROSPECTIVE FAMILY OPEN HOUSE

7:00 p.m. - 8:30 p.m.

For more information www.CypressChristian.org
11123 Cypress North Houston Road • Houston, Texas 77065
(near the corner of Jones & Cypress N Houston-north of 1960)

281.469.7745

Lakes on Eldridge



Cy-Fair HOME AND GARDEN SHOW

HOUSTON, TX. – January 17, 2008 – The First Annual Cy-Fair Home and Garden Show, March 1-2, is the first event of its kind in the Cy-Fair area and features appearances of some of the top names in home and gardening and over 200 exhibitors with the latest in home products and services on the market.

The Berry Center at 8877 Barker Cypress Road is the venue for this dynamic event, which offers interactive presentations by industry experts, Q&A sessions, fabulous shopping opportunities, an exciting media giveaway and live radio broadcasts – all designed to provide area residents with a large spectrum of resources to improve their homes.

Meet the Experts:

Popular home-improvement professional TOM TYNAN brings his expert advice to the Home and Garden presentation stage. Tynan has a reputation as an innovator and champion of energy efficient home design. He is the owner and vice president of Tom

Tynan Homes and owner and president of Tynan Construction. He has the longest-running home-improvement show in Texas – The Home Show, which airs on Sports Radio 610. Tynan has authored six books on home improvement, and his bi-monthly publication, “The Right Angle,” has a circulation of 12,000.

The expertise and insight of KATHY HUBER, gardening editor for the Houston Chronicle since 1988, appears weekly in the newspaper’s gardening section. During the Cy-Fair Home and Garden Show, Huber will be up close and personal with her faithful readers. She is the author of “The Texas Flower Garden.”

Professional organizer LINDA DURHAM will present “Spring Decluttering and Organizing.” Durham’s talk will teach three keys to organizing: Knowing your clutter and what you can do about it, Gaining basic principles of organizing that will help you use your staff and space wisely and effectively and Finding out how to plan your home from top to bottom – (Really!) Durham has owned Organizing Matters since 1999 and maintains

a busy travel schedule speaking about the importance of organization in homes, offices and daily lives.

RANDY LEMMON, the gardening guru behind GardenLine on KTRH 740 AM, will offer his gardening advice, giving attendees a chance to ask questions and speak with Lemmon about their individual gardening needs.

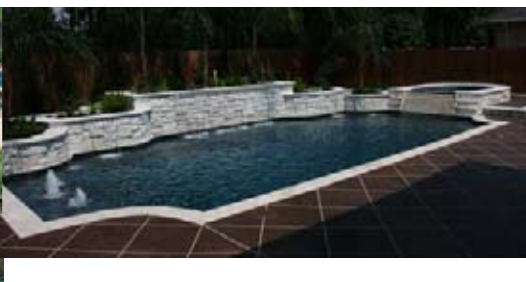
“The benefit of the Cy-Fair Home and Garden Show is that we have an opportunity to answer people’s questions directly so that they come away with a sense of personal service,” Lemmon said. He will host GardenLine live from the Cy-Fair Home and Garden Show. Lemmon is the author of “Gulf Coast Gardening with Randy Lemmon.”

For the gadget lovers in the crowd, MICHAEL GARFIELD, The High-Tech Texan, will speak on the latest trends in home technology and give audiences the inside scoop on what’s hot and what’s not. Garfield will broadcast “The High-Tech Texan,” aired on The 9-5-0 AM,

(Continued on page 9)



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Cy-Fair Home and Garden Show- (Continued from page 8)

live from the Cy-Fair Home & Garden Show. In addition to being a popular radio host, Garfield is a key figure in the technology industry and serves as the technology and Web expert for several media outlets.

Shop at the Show!

Garden Accents, S Home Décor and other vendors offer the opportunity to buy high-quality home accessories indoors and out – right at the show. Check out the fountains, waterfalls, statuary, floral arrangements and much more!

Show Information:

The Cy-Fair Home & Garden Show takes place Saturday, March 1, 9:00 a.m. – 7:00 p.m. and Sunday, March 2, 10:00 a.m. – 6:00 p.m. at the Berry Center, 8877 Barker Cypress Road, Cypress, Texas 77433. Parking is included in ticket price. There is plenty of on-site parking available. For directions, visit www.berrycenter.net. For seminar times and list of exhibitors visit www.cyfairhomeandgarden.com.

Admission is \$8 for adults, \$6 for seniors, and children under 12 are admitted free.

For more information, call 713-661-0109 or e-mail Tony@TexwoodShows.com.

Recipe of the Month:



Smothered Chicken Breasts

- | | |
|--------------------------------------|---------------------|
| 8 boneless, skinless chicken breasts | 8 slices dried beef |
| 8 slices bacon | 1 cup sour cream |
| 2 cans cream of mushroom soup | |

Season chicken breasts with salt & pepper. Place a slice of dried beef on each breast. Roll up and wrap with bacon slice. Combine cream of Mushroom soup and sour cream. Pour over chicken breasts and bake for 1 hour at 325°.

If you would like to submit YOUR recipe to the LOE Newsletter email it to articles@peelinc.com.

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Healthy Lifestyle Can Add 14 Years to Your Life

Submitted by Alica Harrison

In a major study conducted by the University of Cambridge in the UK, researchers found that individuals engaging in a healthy lifestyle added an average of 14 years to their lives. Not a few months or even a few years – 14 years! And the benefits stemmed from relatively simple and easily achievable methods.

“We didn’t ask these people to do anything exceptional,” said researcher Kay-Tee Khaw. “We measured normal behaviors that were entirely feasible within people’s normal, everyday lives.”

In a study of 20,000 individuals aged 45-79, researcher Kay-Tee Khaw of UC and colleagues calculated that individuals that adopted these four healthy habits lived an average of 14 years longer than those that did not. What are these miracle cures?

- Not smoking
- Moderate alcohol intake
- Eating your fruits and vegetables
- Physical activity

“This research is an important piece of work which emphasizes how modifying just a few risk factors can add years to your life,” said Dr. Tim Armstrong, a physical activity expert at the World Health Organization.

So what can you do to modify your lifestyle?

- If you smoke, stop.
- If you drink, do so in moderation. In this study, participants drank 1-14 drinks per week.
- Eat fruits and vegetables. Five servings a day was the threshold for this study and is very achievable.
- Finally, get up and move. Physical activity of any kind on a daily basis is key to a healthy lifestyle.

And if you can’t do all of these things, then do some of them. After allowing for other factors that might have affected their likelihood of dying, people with a health behavior score of 0 were four times as likely to have died as those with a score of 4. People with a score of 2 were twice as likely to have died. So doing something is better than doing nothing.

Cypress Christian School Students Win Chemistry Challenge

The Chemical Education Foundation (CEF) seeks to promote the science of chemistry, the benefits of chemicals, and the important of chemical safety awareness. The You Be the Chemist Challenge is an academic competition that engages students in learning and helps promote this message in a fun and innovative medium. The Challenge offers new and different ways to:

- engage students in science
- encourage parental support and participation
- appeal to community and organizations, and
- provide tools that can help develop strong relations with communities.

Congratulations to Cypress Christian middle school students who recently participated in the You Be the Chemist Qualifying Test. Expo Chemical Company, Inc. sponsors this competition and awarded prizes and trophies to the top winners.

This year’s winners include:

First Place - David Hurst, grade 8

Second Place - Raine Hasskew, grade 7

Third Place - Alan Norman, grade 8

David and Raine will go on to represent Cypress Christian School at the Regional Competition to be held here in Houston in February. Alan will serve as the alternate if either David or Raine are unable to attend. CCS students qualifying will advance to the national competition later in the year.

Cypress Christian School hosts Visitor Days

Parents considering Christian education for their child may attend an Open House on Thursday, March 6 from 9:00 a.m. to 11:00 a.m. Prospective students may attend all or part of the day at CCS on Visitors’ Day to be held on Thursday, March 27 from 9:00 to 2:00 p.m. Please call Mrs. Moore at 281-469-7745 for more information or www.CypressChristian.org.



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	LOE		LOEN	
Number of Homes sold 1/1/2007 - 1/1/2008	34		75	
	#	\$/sqft	#	\$/sqft
6 bedrooms	0	0	2	138.20
5 bedrooms	6	99.60	24	110.30
4 bedrooms	24	117.90	41	112.20
3 bedrooms	4	105.80	8	115.30
With pool	15	120.80	27	116.50
Without pool	19	106.30	48	110.30
1 story	6	107.50	12	117.50
2 stories	29	114.20	63	111.90
Built 1995-1996	10	99.70	0	0
Built 1997-1998	14	109.90	0	0
Built 1999-2001	10	1276.90	21	109.10
Built 2002-2004	0	0	41	114.40
Built 2005-2007	0	0	13	113.00
Less than 1999 sqft	1	98.30	0	0
2000-2999 sqft	9	102.70	5	114.60
3000-3999 sqft	12	102.00	43	108.10
4000-4999 sqft	11	131.50	25	117.80
5000- and up	1	89.60	2	121.40


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Lakes on Eldridge

What is the Main Goal in Little League Baseball?

Submitted by Robin Cox

What should your main objective be in coaching, teaching or parenting a Little Leaguer?

Is the objective to win? I would say Yes but also No. Winning is important but it is a result. Results, especially in sports are many times determined by actions outside of our control.

A game may be won by the opponent on a bad hop, a ball lost in the sun or lights or even by an umpires supposed "bad" call. A game may be lost when a batter with bases loaded does everything right and hits the ball hard on a line drive but right at the left fielder that doesn't have to make a move to catch the ball.

Yes, in baseball, we may do everything right but still lose.

Many times we stress the "results" when instead we should be emphasizing what produces the results. When we teach to do the "little things" right we are putting our players in a position to win. Note: This often means doing repetitive drills which can be boring. A bored player is not learning. One thing that kids love is to make a game or competition out of the drills.

In Little League there can be a wide variance of skills among players on the same team.

But there is one common denominator that all players need in increasing measure. (including High School, College and Majors) Can you guess?

That one thing is Confidence. As the saying

goes, Confidence is everything!

But confidence in what? Their arm, their bat, their glove? Given that all of those can and will fail what they need is increased confidence in who they are.

Many teams give out stars for the players caps after a game for winning. But I suggest giving out stars or rewards at practice for doing the little things right. Especially putting an emphasis on "hustle" when making the extra effort for trying to stop a ball (whether they made the play or not) or as a batter hanging tough with a pitcher by fouling off many pitches (even though he may eventually strike out) or showing great attitude or encouragement toward a fellow teammate. What does this do? It builds confidence in themselves. They should be instantly rewarded for doing and being their best.

Lastly, as their confidence increases, you as a coach, teacher and parent are looking for one thing. It is called a "breakout." A breakout can occur in practice or in a game. It may be a breakout "at bat" when a batter gets a hit after a long slump. It might occur on a play he has never been able to accomplish until now with his increased hustle. It is that moment when he realizes, yes I can do this! It is that memorable point when he comes off the field smiling so big, it makes the whole season worth it whether your team is 10-0 or 0-10.

But remember, a "breakout" in confidence is not limited to sports and little leaguers.

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PLEASE LET US KNOW!

If you know of a LOE resident who has had any outstanding awards, milestones or accomplishments, please contact Deborah Dunaway at 713-983-9651 or dsd1951@mac.com so they may be recognized in the newsletter.

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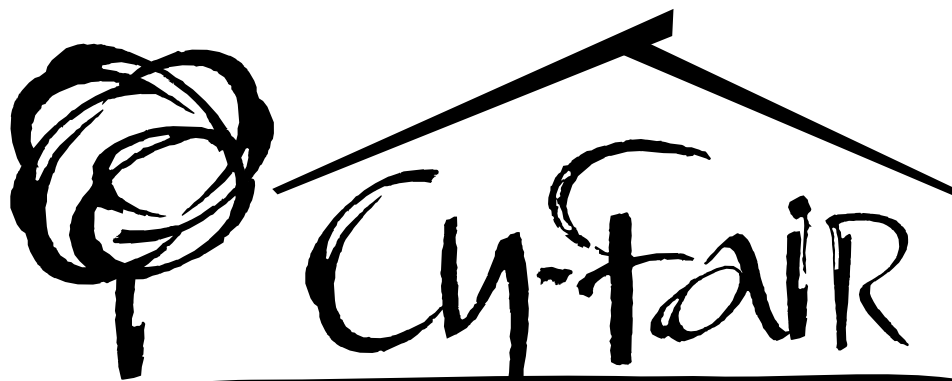
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FROM THE AMERICAN COUNCIL ON EXERCISE®

Making Time For Exercise Is Easy

By now you know that exercise is good for you, and that you should do something on a regular basis. What's the best time for you to exercise? Anytime. Honestly.

For example, when you're sitting and watching TV, stretch your muscles. Never stretch so hard it hurts. Rather, stretch to the point of mild tension and hold the stretch for 10 to 30 seconds.

A healthy exercise program includes three kinds of exercise: aerobic activity, muscular strengthening and flexibility exercise. You can start your exercise program without investing in any elaborate equipment. For example, you can do simple exercises at home or at your desk at work, including sit-ups, push-ups and pull-ups.

For basic body weight exercises, weight-lifting equipment isn't required. Head for the kitchen and pick up the soup cans you have in the cupboard.

Aerobic activity can be fun

Aerobic activity is defined as prolonged continuous movement of large muscle groups. Translated, that means do something that keeps you moving. Ideally, do it for 20 minutes straight. If you don't have that much time, two 10-minute aerobic activity sessions will benefit you almost as much.

The good thing about aerobic activity is that it includes many of the sports you probably already enjoy. Walking, biking, hiking, dancing, swimming, even basketball are all examples of aerobic exercise.

Another good thing is that you can easily accomplish those two 10-minute sessions with things like taking the stairs instead of the elevator, walking around the neighborhood after work or parking your car farther away.

You could even turn shopping into an aerobic activity. Shopping is walking, so don't stop for 10 minutes straight and you've worked in one of your daily sessions! Check with your local mall for mall walker programs, and you'll have company.

Aerobic exercise is definitely good for cardiovascular health and fitness. And here's something else you'll like: Aerobic activity can help you lose weight.

Plenty of good exercise all around the house

If you do housework or yard work, you're doing yourself a favor. The stretching and lifting housework entails is good exercise. So is work you do outside. Yard work uses many muscle groups, especially activities like planting and working in the garden.

Raking uses your arm and back muscles. Digging gives your arms and legs a workout. And gardening provides a bonus: You'll have more fresh vegetables and fruits to add to your diet.

Is one time better than another to exercise?

It's really up to you. You can exercise in the morning, afternoon or evening. Lunch breaks offer an excellent opportunity to get out of the office and exercise. Use your coffee break to take a short walk around the office. Get rid of the day's stress by fitting in an exercise session after work.

Whatever time you choose, make sure you stick with it. For some people, it's easier to stay with an exercise program when you do it with a friend or co-worker.

Make time to stay healthy

Exercise is one of the best things you can do for yourself. If you're basically healthy, get going right now. If you're 40+ or have any health problems, consult your physician first.



ACE
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FOUR STAGES OF IMPROVING YOUR TENNIS 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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Make your own candy for Valentine's Day!

Valentine's Day is Thursday, February 14 ... and it's a really really big holiday! According to the Greeting Card Association, an estimated one billion valentine cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. Since many folks give candy along with their cards, this year you might have fun making your own candy. Put some pieces of homemade white divinity in a clear bag tied with a red or pink ribbon, and your gift is sure to generate sweet thoughts (and probably some hugs and kisses as well)! There are many recipes for divinity, all fairly similar; so pick one from your favorite cookbook or Internet site, and start cooking. It's easy to make; and if you're a WeightWatchers member, this candy won't sabotage your good efforts—it's only one point per piece!

Divinity

2 egg whites

1/2 cup water

1/2 cup light corn syrup

2 cups white sugar

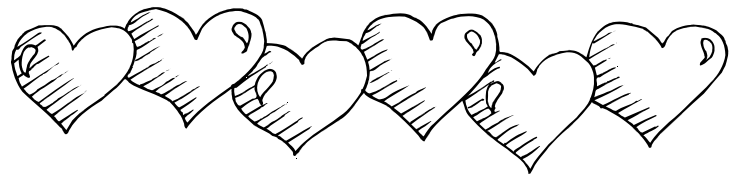
MIX together water and corn syrup in a heavy pan, and bring to a boil. Add sugar and continue boiling until dissolved. Continue cooking over medium heat, without stirring, to the hard-ball stage (about 250° on a candy thermometer).

WHILE syrup mixture is cooking, beat egg whites in a large bowl until they just hold their shape. When the syrup is ready, pour it slowly over the egg whites in a steady thin stream, whipping slowly at the same time. Do not scrape pan.

BEAT candy mixture until candy can be dropped onto waxed paper into pieces that hold their shape. (This can take a while.)

YIELD: 40 pieces (about 1-1/2 pounds of candy)

WeightWatchers Points: 1 point per piece



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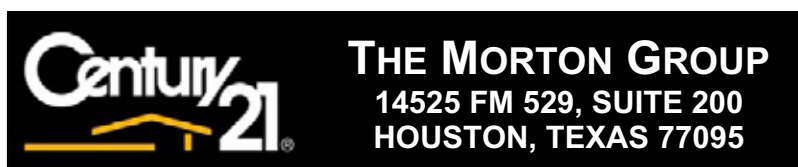
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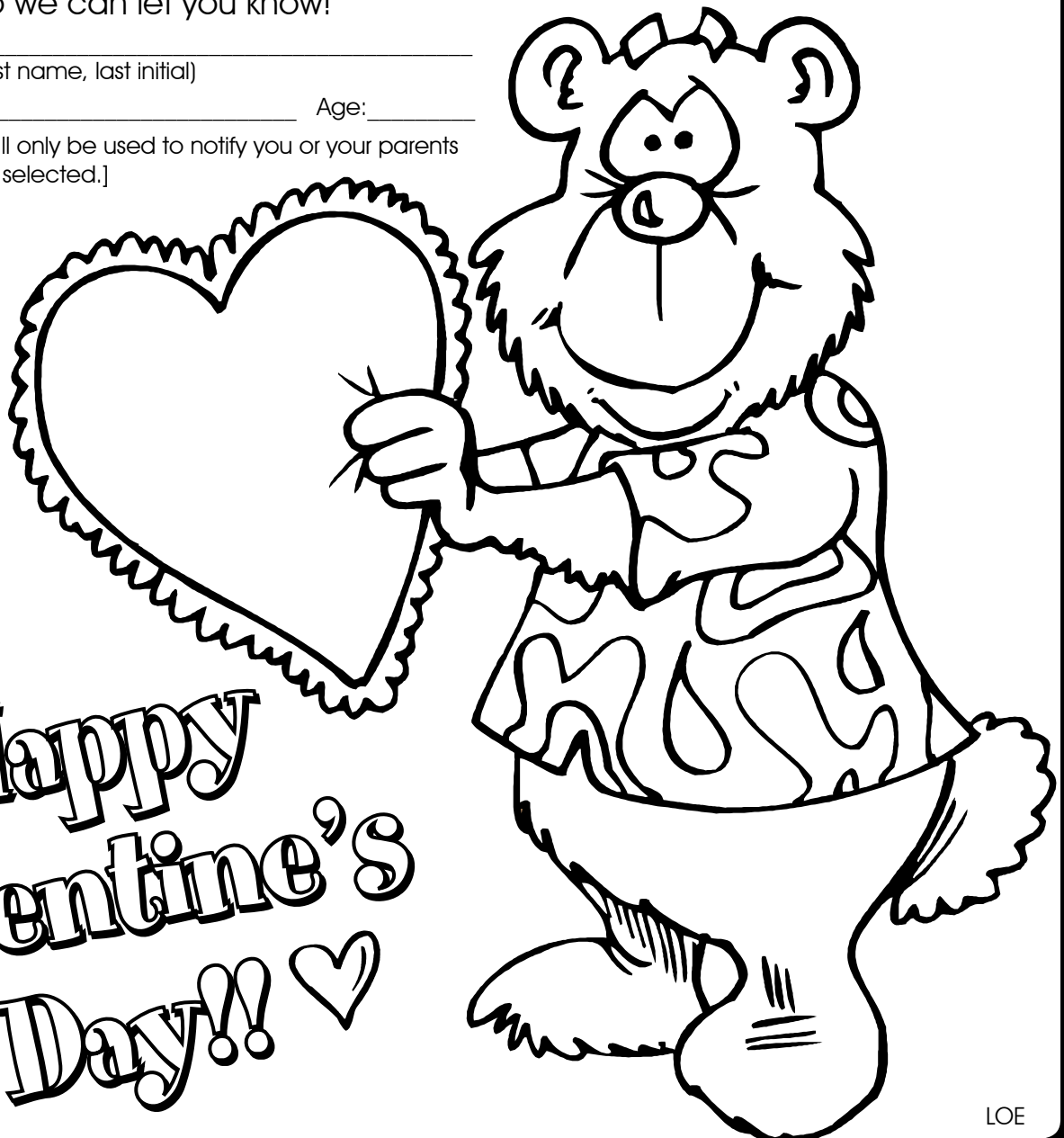
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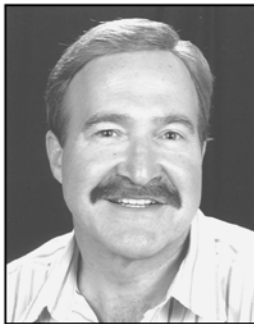
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