

Volume 7, Issue 2



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 homeimprovement 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." *(Continued on page 4)* 

### MARK YOUR CALENDARS Lakes On Eldridge Dolphins Swim Team Registration Is Coming Soon!

February 2008

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:

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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

## **IMPORTANT NUMBERS**

Gate Attendant       713-856-6127         Harris Co. 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
Waste Management
(trash collection Mondays & Thursdays)
Aqua Services
(Service or emergencies 24 hrs)713-983-3604
Harris County Tax Office
Reliant Energy
(give pole # of street which is out)
Entex (gas)
Time Warner Cable
Houston Chronicle
Metro Transit Info
Kirk Elementary
Truitt Middle School
Cy-Falls High School
Newsletter Publisher
Peel, Incadvertising@PEELinc.com, 888-687-6444

Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10<sup>th</sup> 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 10<sup>th</sup> 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 10<sup>th</sup> 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
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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.

### **LOEN Board Of Directors**

Don Byrnes	President
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Peter Smart	Secretary
Jim Flanary	Director

### **Article Submissions**

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

### For up-to-date announcements and information check our neighborhood website: <u>WWW.LOENHOA.COM</u>



281.469.7745

# LAKES ON ELDRIDGE Jean in Review North

# 2006 vs 2007

Price Range	Under 500K		\$500,000 t	o \$799,999	\$800,000 Plus		
Year	2006	2007	2006	2007	2006	2007	
Number of Sales	55	65	7	13	6	1	
Avg. List Price	\$365,761	\$398,864	\$593,088	\$583,884	\$971,966	\$919,000	
Avg. Sales Price	\$356,284	\$390,623	\$560,959	\$569,269	\$943,300	\$880,000	
Avg. Sq. Footage	3,542	3,568	4,505	4,499	5,121	4,975	
Avg. Price per Sq.Ft.	\$100.59	\$109.48	\$124.52	\$126.53	\$184.20	\$176.88	
Days on Market	47	38	102	52	414	974	
SP/LP Ratio	97%	98%	95%	98%	97%	96%	

# Ann Knoche

Helping Families Create Memories in The Lakes on Eldridge Communities For Over Ten Years. 281.582.3911

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LEADING REAL ESTATE



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

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, 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.



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# **KAY HORSCH**

Lakes on Eldridge Resident & Realtor

### 281-679-0101 kay@kayhorsch.com



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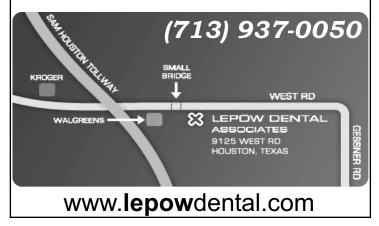
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### Cypress Christian School Students Win Chemistry Challenge

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.

### **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 <u>articles@peelinc.com</u>.

**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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### 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.

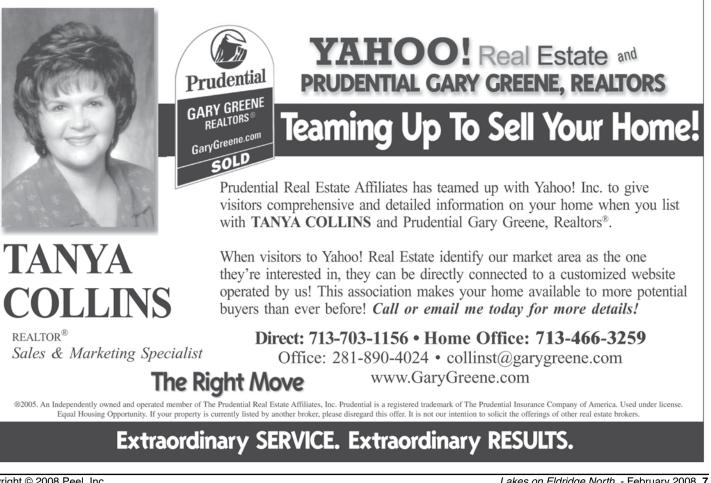
#### **Stage Three: Depth**

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....



### Lakes on Eldridge North 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 emphases 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.

## Advertising Information

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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 you 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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## **Texas Events - February**

15-17—GALVESTON: A Ride with Bob Hit musical is about the life and legacy of Bob Wills and his Texas Playboys. The Grand 1894 Opera House. www.thegrand.com 800/821-1894 or 409/765-1894

15-17—ROSENBERG: 2008 Houston Glass Show & The Best Little Antique Show in Texas Preview party is 6 to 9 p.m. Friday. Hours are 10 a.m. to 5 p.m. Saturday and 10 a.m. to 4 p.m. Sunday. Fort Bend County Fairgrounds. 713/461-1708 or 214/734-7216

16—HOUSTON: Birding Walk & Talk Stroll around the park's many trails seeking the wintering visitors from the north. Begins at 8:30 a.m. Sheldon Lake State Park. 281/456-2800

16—STAFFORD: Greater Houston Train Show Includes 20,000 square feet of operating layouts, instructive clinics, model and photo contests, vendors and home layout tours. Hours are 10 a.m. to 5 p.m. Stafford Center. sanjac.leoslair.com (no www)

16—VICTORIA: Livestock Show Parade Downtown Victoria. 361/576-4300

16-17—KATY: Katy Antique & Collectible Market Katy ISD Merrell Center. www.cwgs.com 877/840-3829

16-17—LA PORTE: Remember the Maine Includes small arms demonstrations. Visit encampments depicting various eras of our nation's military history. Memorial service is held on the bow of the ship at 3 p.m. Saturday and noon Sunday. Battleship Texas State Historic Site. 281/479-2431

16-17—PORT NECHES: Trade Days on the Avenue Includes antiques, arts & crafts, and entertainment. Port Neches Avenue. 409/722-4023

17—SANTA FE: Bluegrass with Pet Rooster Begins at 2 p.m. Haak Vineyards & Winery. www.haakwine.com 409/925-1401

21, 23-24, 29-Mar. 2—HOUSTON: Gershwin Glam Includes performances of Serenade, Swansong and a world premiere by Stanton Welch. Wortham Theater Center. www.houstonballet.org 713/227-2787

22—ORANGE: Movin' Out Brings 24 Billy Joel classics to life as it tells the story of five lifelong friends. Lutcher Theater. www. lutcher.org 409/745-5535

22-24—PORT ARANSAS: Celebration of Whooping Cranes & Other Birds Includes birding bus and boat tours, renowned speakers, exhibits, trade show, seminars, demonstrations, concessions and more. Civic Center and UT Marine Science Institute. www. portaransas.org 800/452-6278

23—BEAUMONT: Symphony of Southeast Texas Julie Rogers Theatre. www.sost.org 409/892-2257

23—GALVESTON: Movin' Out The story of five lifelong friends spans two turbulent decades. Includes 24 classic songs written by five-time Grammy Award-winner Billy Joel and choreography by

(Continued on page 11)

When was the last time someone got down on hands and knees and cleaned *your* bathroom floors?



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#### Kitchen

- Clean sinkClean appliance exteriors
- Clean inside microwave
- Clean range top
- Damp wipe cabinet doors
- Clean counters
- Hand wash floor
- Load dishwasher

#### Bathrooms

- Clean sinks, counters; change towels
- Clean, disinfect toilets, tubs, showers
- Hand wash, disinfect floors

- All Rooms
- Pick up and straightenDust sills, ledges, wall hangings
- Bust sills, ledges, wall hall
  Remove cobwebs
- Dust/vacuum furniture
- Vacuum floors, carpets
- Vacuum stairs
- Vacuum under beds
- Change linens, make beds
- Empty trash

#### Windows

- Clean entry window & one
- set of patio door windows
- Clean window over kitchen sink

The Malles Home Services



Nobody Outcleans The Maids.

#### Texas Events- (Continued from page 10)

Twyla Tharp. The Grand 1894 Opera House. www.thegrand.com 800/821-1894 or 409/765-1894

24—GALVESTON: A Year with Frog & Toad Arnold Lobel's beloved characters hop from the page to the stage — teaching life lessons along the way and rejoicing in the attributes that make each person special. The Grand 1894 Opera House. www.thegrand.com 800/821-1894 or 409/765-1894

25—HOUSTON: Two Classics & a Three-ring Circus Zilkha Hall, Hobby Center for the Performing Arts. 713/315-2525

26—BEAUMONT: David Copperfield Copperfield defies Mother Nature and conjures up magical events in this evening of grand illusion. Julie Rogers Theatre. 409/838-3435 ext. 1

26-Mar. 9—HOUSTON: Hello, Dolly! Hobby Center for the Performing Arts. www.tuts.com 713/558-TUTS or 888/558-3882

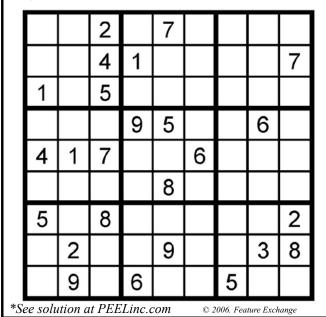
29—HOUSTON: Last Acts Follows the life of an actress and mother named Madeline and her two grown children as they struggle to know and love one another. Houston Grand Opera. www. houstongrandopera.org 713/228-6737

**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.



### 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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## Not Available Online

# TIME FOR AN UPDATE!

# Thinking of Relocating Soon? Call Your Neighborhood Expert!

Yearly Review of our neighborhood from 1/1/2007 - 1/1/2008. All figures calculated using MLS information. Homes under \$800,000.

	]	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	

# Danielle Gebara

Direct: 832-788-6002 Off: 281-664-8300 Ext. 3153 dgebara@comcast.net



Because every move matters!

Not Available Online







### **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, weightlifting 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 coworker.

### 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.

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### **TV: Analog to Digital**

The switch from analog to digital broadcast television is referred to as the digital TV (DTV) transition. In 1996, the U.S. Congress authorized the distribution of an additional broadcast channel to each broadcast TV station so that they could start a digital broadcast channel while simultaneously continuing their analog broadcast channel. Later, Congress mandated that February 17, 2009 would be the last day for full-power television stations to broadcast in analog. Broadcast stations in all U.S. markets are currently broadcasting in both analog and digital. After February 17, 2009, full-power television stations will broadcast in digital only.

Because Congress mandated that the last day for full-power television stations to broadcast in analog would be February 17, 2009, over-the-air TV broadcasts will be in digital only after that date. If you have one or more televisions that receive free over-the-air television programming with a roof-top antenna or "rabbit ears" on the TV, the type of TV you own is very important. A digital television (a TV with an internal digital tuner) will allow you to continue to watch free over-the-air programming after February 17, 2009. However, if you have an analog television, you will need a digital-to-analog converter box to continue to watch broadcast television on that set. This converter box will also enable you to see any additional multicast programming that your local stations are offering. A digital-to-analog Converter box will allow you to continue using your existing analog TV to watch over-the-air digital broadcasts. You do not need to get rid of your existing analog TV. In

addition, analog sets should continue to work as before if connected to a subscription service such as cable or satellite TV. Also, analog sets should continue to work with gaming consoles, VCRs, DVD players, and similar products that you use now. Cable and satellite TV subscribers with analog TVs hooked up to their cable or satellite service should not be affected by the February 17, 2009 cut-off date for full-power analog broadcasting.

To help consumers with the DTV transition, the Government established the Digital-to-Analog Converter Box Coupon Program. The National Telecommunications and Information Administration (NTIA), a part of the Department of Commerce, administers this program. Every U.S. household is eligible to receive up to two coupons, worth \$40 each, toward the purchase of eligible digital-to-analog converter boxes. You will be able to request the coupons beginning in January of 2008. The coupons may only be used for eligible converter boxes sold at participating consumer electronics retailers, and the coupons must be used at the time of purchase. Manufacturers estimate that digital-to-analog converter boxes will sell from \$40 to \$70 each. This is a one-time cost. For more information on the Digital-to-Analog Converter Box Coupon Program, visit the NTIA's website at www.ntia. doc.gov/dtvcoupon, or call 1-888-388-2009 (voice) or 1-877-530-2634 (TTY).

-Info is from the Federal Communications Commission



### **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 10<sup>th</sup> of the month.* 

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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!

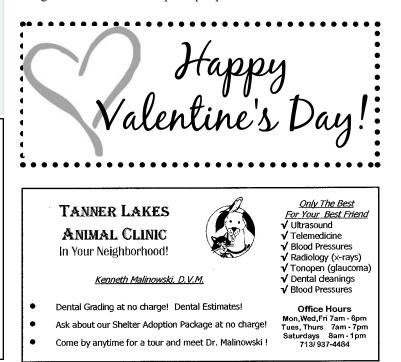
### Divinity

2 egg whites 1/2 cup water 1/2 cup light corn syrup 2 cups white sugar

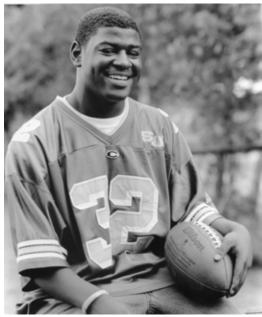
MIX together water and corn syrup in a heavy pan, and bring to a boil. Add sugar and continue boiling until dissolved. Continue cooking over medium heat, without stirring, to the hard-ball stage (about 250° on a candy thermometer).

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



## Lakes on Eldridge North A Teenager's Story...This Teenager is Jarod (17)



Imagine growing up in an unstable environment. Imagine having to be responsible for yourself at a very young age. Then, imagine, at 10 years old someone removing you from the only environment you have known and putting you in foster care with strangers. While this is done for the safety and well-being of the child, it is often difficult for children to understand. Sometimes they are sad, hurt, frustrated and angry. They are angry for being in this situation in the first place, angry for being in a strange place, angry because the world has let them down, angry because they now have no control over their future. You see, kids connect to things rather easily, even if it is a bad situation...when that is all you know, that is all you know.

Fast forward six years and several foster homes later and you are still in foster care, you are angrier than ever because of the lack of control and because you simply do not know how to handle things. You mistrust the system, have difficulty getting along with foster siblings who too come and go and you face a very uncertain future. Some kids are able to deal with these emotions better than others. It all depends on the children and on the situations and who is involved and helping. What may work today may not work tomorrow. So, at 16, almost 17, you are still in 9th grade because you have gone to so many schools over the past year...about to turn 17 and realize, at 18, you could be on the streets. Although the state prepares youth to age out and live on their own, it is very

difficult for children that do not have a stable past, who have not finished school and who do not have good coping skills, let alone self-esteem. Without a place to really belong and family to call your own, sometimes kids wonder "what is the point". Imagine how tough it is to learn to trust and love if you are not loved. We all know we learn from others, from the behavior of our parents, friends, colleagues. Kids learn to model behavior. If they are never shown love...how do they learn that?

So, you have Jarod who is now 17 and has pretty significant anger issues. However, he is a good kid with a good heart who needs direction and desperately needs someone to love him. Loving him will help give him a foundation for developing self worth – you see, he figures that if no one loves him, what is there to love about himself. Jarod needs someone who is going to help him process his anger and feel stable. He needs a strong forever family with a strong male figure. He needs a family with patience who is going to allow him to work through school at his pace, learn to trust at his pace. The family needs to be okay with baby-steps. Maybe there is a family out there with the mentoring spirit – willing to adopt Jarod and give him a permanent home with no timelines...someone willing to help him finish school and develop plans for the future... most importantly, someone who will allow him to back up and grow up in the right developmental manner, instead of being forced to grow up. You see, for many kids the lack of stability and a family is the foundation on which everything else is built. If you have that mentor spirit and the willingness to take baby steps, please consider Jarod. Adopting a teenager is not easy and you cannot expect him to even resemble 17 years old, he has missed a lot and needs the opportunity to be a youth longer. And, teenagers in general are not easy to parent/mentor. This will take a special family. A single dad would be great, maybe a single mom with a strong male friend? Jarod turns 18 next December. We are hoping to work with potential families over the next few months to see if we can find his forever family.

If this may be you, contact the Adoption Coalition of Texas at tracyeilers@ adoptioncoalitiontx.org and put "Jarod" in the subject line. You can also reach us at 888-441-2009/512-301-2825.





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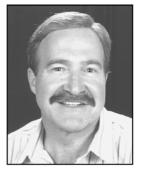
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