



LAKES

ON ELDRIDGE
NORTH

Volume 7, Issue 6

June 2008

Cypress Assistance Ministries School Supplies Needed

11202 Huffmeister • 281-955-7684 • www.cypressassistance.org

Families of hundreds of school-aged children in the Cypress/Northwest Houston area are depending on CAM to assist them with necessary school supplies for their children. These start-up supplies can be impossible to fit into an already strained budget. Your donations of the following would be greatly appreciated:

- pocket folders with brads
- washable markers
- large & small packages manila paper
- large & small packages construction paper
- pencil boxes
- scissors and rulers
- new socks and underwear in all sizes

For the Food Pantry, donations of the following will help families with children home for the summer:

- | | |
|-------------------------|-------------------------|
| • peanut butter & jelly | • Sweetened Drink Mixes |
| • Spaghetti Os | • Snack Foods |
| • Canned Meats | • Powdered milk |
| • Diapers – all sizes | |

Donations can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM – 3PM.

For a description of the services and volunteer opportunities at Cypress Assistance Ministries please see our web site, www.cypressassistance.org

Trash for Cash

Until May 2009, the Cy-Ridge Class of '09 will be participating in a fundraiser called "Trash for Cash". This program is sponsored by Fiesta, Channel 11 and Channel 45. The general idea is to collect wrappers from certain foods and then turn them in for 10 to 35 cents each. This is an easy way to contribute \$10 or even \$25 toward your student's after prom party.

Please put any wrappers you collect in an envelope and send them to the following address:

12419 Arrondi Circle
Houston, TX 77065

If you have a bigger bag of wrappers and lids, etc, please contact one of the volunteers below for help with your donation.

Martha Froebel (281-777-1106) mfroebel@sbcglobal.net

Sheila Schlesener (713-854-4757) Sheila.schlesener@amec.com

- Gerber Baby Food – Save the label with the UPC
- Coffee – Maxwell House & Folgers – Save can or lid
- Coke, Diet Coke, Sprite, Pibb – Save wrapper from 2 ltr bottles
- Gatorade (any) – Save wrapper
- Hershey's, Hershey's Kisses, Reeses, KitKat, Almond Joy, Ice Breakers – Save wrapper
- Cereal – Cap'n Crunch, Life, Cinnamon Toast Crunch, Lucky Charms, Frosted Flakes – Save bottom with UPC
- Pop Tarts – Save bottom with UPC
- Ritz Crackers (any) – Save panel with UPC
- Yoplait Yogurt – Save lid
- Dannon Yogurt – Save container with UPC
- Country Crock – Save lid
- Minute Maid OJ or Lemonade – Save cap
- Blue Bell Ice Cream – Save lid
- Red Baron Pizza – Save panel with UPC
- Tony's Pizza – Save panel with UPC
- Campbell's Soup – Save label
- Skinner Pasta - Save wrapper
- Pringles chips – Save container with UPC
- Hot Pockets – Save panel with UPC

If you just remember to collect one item, your help will be greatly appreciated!!! Please consider helping out!!

Don't want to wait for the mail?
View the current issue of the
Lakes on Eldridge North
Community Newsletter on the
1st day of each month at
www.PEELinc.com

Lakes on Eldridge North

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	713-681-1761
Waste Management	713-695-4055
(trash collection Mondays & Thursdays)	
Aqua Services	713-983-3602
(Service or emergencies 24 hrs)	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
Newsletter Publisher	
Peel, Inc.	advertising@PEELinc.com, 888-687-6444

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.

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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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ON ELDRIDGE NORTH

First Quarter 2008 Review

Price Range	Under \$399,999	\$400,000 to \$600,000
# of Sales	9	6
Avg. List Price	\$355,188	\$448,666
Avg. Sales Price	\$346,766	\$440,500
Avg. Sq. Footage	3220	3856
Avg. \$ per Sq Ft	\$107.69	\$114.24
Days on Market	45	40

Prices vary depending on the specific features of the home. These averages are based solely on list prices. For a more detailed evaluation, please call me.

I would be delighted to meet with you.

Data from www.har.com

Ann Knoche

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Lakes on Eldridge North

New Babies But A Tough Season For The Swans



Dominic and the new baby cygnets!

We were fortunate enough to have two pairs of LOE swans mate, build their nests, and lay five eggs each this mating season. Carmen and Falstaff, the only two swans on Crescent Bay Lake, picked the perfect spot to build their nest. Some male swans during mating and nesting season become unbearably aggressive which was the case with Falstaff. No person could approach the nest to feed Carmen without him attacking. Concerned that another resident or child might be injured, the decision was made to take Falstaff away. Carmen sat on her eggs for 36 days but unfortunately her nest

was raided by raccoons and all eggs taken. Carmen and Falstaff had been together most of their lives and knew no other swans so Carmen was taken to Falstaff. They live outside of Houston with their own lake and will in all probability reproduce next spring.

The other nest was built across the lake from the volleyball court. Randy and Dominic built a large nest in which Dominic laid her five eggs. After 43 very long days, LOE was blessed with four baby swans. Please go by the lake next to the tennis courts and take some pictures. Do beware that if you get too close to the cygnets Randy is a protective father and might jump out of the water to wing you. The cygnets appear to be healthy. Dominic when just a few days old was picked up by what we think was a hawk and dropped back into the water where Lee Mueller found her. The injuries to her head and neck were so serious that she had to have numerous surgeries and antibiotic therapy

but she lived. We are so surprised that she has been able to reproduce considering her background and are very happy for her. Thanks goes to Elizabeth Braun, a former LOE resident who introduced the first swans here, for keeping Dominic for weeks and taking her to Dr. Peckham for her surgeries.

Juliet, the female in Pelican Pointe who has provided us with cygnets every spring for years, did not nest this season. We took four different males to her but all were apparently too young to mate. One male has been left with Juliet and by next mating season she will surely build her nest in the same place she always builds it and will provide us with some cygnets. Juliet has been confused and lonely not having a complete "family" this season. Many thanks to all of you who have watched out for Juliet's safety and walked her home when she was searching for a mate. Good luck to Juliet. We will be again looking forward to seeing her babies next spring.

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- Clean counters
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- Load dishwasher

Bathrooms

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

All Rooms

- Pick up and straighten
- Dust sills, ledges, wall hangings
- 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

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Lakes on Eldridge North

Bottled Water vs. Tap

By Louise Bell

A few facts about each, then you decide.

Water that comes from your faucet costs about \$0.002 per gallon. Bottled water is about \$9.00 per gallon.

Cost is only one factor. Many people choose bottled water over what comes from the faucet because they say they like the convenience, taste, and purity. Actually, one quarter to 40% of bottled water is municipal tap water re-packaged, possibly with additional treatment. The FDA regulates bottled water; however, standards are weaker than EPA standards for tap water. For instance, E. coli is allowed in bottled water, but not in tap water. The EPA requires water testing 100+ times per month, FDA requires testing once a month. In addition, the 60-70% of bottled water that does not cross state lines is exempt from any FDA standards!

The nonprofit National Resources Defense Council (NRDC) tested samples of 103 brands of bottled water and found that a fourth were just tap water---sometimes further treated, sometimes not. The group stated that there was no reason to assume that bottled water was superior to tap water or had fewer microbial or chemical contaminants. The plastic bottle itself may leach phthalate (regulated by EPA) into the water, for which there is no bottled water standard.

As Americans, we are entitled to drink safe, clean water. If you are concerned about drinking tap water, perhaps a purification system will

erase your fears. You can make sure that your water has additional treatment by reverse osmosis distillation, UV radiation or the use of absolute 1 micron filtration to eliminate smaller or resistant disease-causing organisms. Filter your own water and carry it in a stainless steel thermos.

Bottled water is sold in cheap, convenient PET (polyethylene terephthalate) containers, an easily recyclable form of plastic, but recycling rates for plastic bottles are less than 25%. Most head for a landfill! Plastic is light and floats and is blown about in the wind. All rivers lead to the sea; the Houston Ship Channel is a frightening repository of plastic of all types, probably washed down storm drains. Each year, more than 4 billion pounds of plastic bottles end up in landfills or as litter in the U.S. Think about this: THE TOTAL ENERGY NEEDED TO MAKE, TRANSPORT AND DISPOSE OF ONE BOTTLE OF WATER IS EQUIVALENT TO FILLING THE SAME BOTTLE ONE-QUARTER FULL OF OIL!

Plastic has been around for about 50 years. It is made from oil; it takes 1.5 million barrels to manufacture a year's worth of those handy bottles. It can photo-degrade, meaning sunlight will cause it to become brittle and crumble, but it does not decompose. No microbes have yet evolved to eat it---break it down into its building blocks. It

(Continued on page 7)

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Bottle Water vs. Tap - (Continued from page 6)

can break into smaller and smaller bits, but will remain a man-made polymer, and it can possibly hang around in the environment for 1000 years!

We have a steady, reliable, and cheap source of clean, freshwater for drinking, available at few other times in world history and few other places in the world. But many people are choosing to forsake ordinary tap water for the convenience and perceived benefits of bottled water, in favor of a product that is the same or lesser quality, higher price, uncertain safety, packaged to be discarded and not degrade for 1000 years. We are very wealthy, indeed, to be so heedless. The convenience and perceived benefits of bottled water seem dubious when we consider the added costs for transportation and packaging and, most important, the cost to the environment. What would a person who cares about the future of our environment drink? You decide.

Sources:

FDA Consumer Magazine, July-August, 2002

FDA, Federal Register, 21, Part 165, 2005

EPA, Texas Commission on Environmental Quality, 2007

Think Outside the Bottle, Beverage Marketing Corp., Natural Resources Defense Council

“Through the Looking Glass”

KingdomArts, in cooperation with Pioneer Drama Service, will present a children's musical, “Through the Looking Glass,” May 22 at 2 p.m. and 7 p.m. at Lone Star College Cy-Fair Theater, with a reception following the first performance. Admission is \$5 for adults, \$3 for children 12 and under, and free for ages 2 and under. The ticket office opens 45 minutes prior to showtime. KingdomArts is a non-profit performing arts organization serving the homeschooling community.

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LAKES ON ELDRIDGE DOLPHINS SWIM TEAM

It is hard to believe the season is half way over! The improvement and the smiles by all swimmers at the pool say it all. We invite you to come join us and cheer-on our swimmers at the Pep-Rallies and Home Meets. They are lots of FUN!

LOE SWIM TEAM 2008 CALENDAR

JUNE 2 - MORNING PRACTICES BEGIN
JUNE 6 - PEP-RALLY 7-9 PM
JUNE 7 - AWAY VS. DEERFIELD VILLAGE
JUNE 13 - PEP-RALLY 7-9 PM
JUNE 14 - HOME VS. JERSEY VILLAGE
JUNE 21 - DIVISIONAL - TBA
JUNE 23 - BANQUET - CY-RIDGE HIGH SCHOOL
JUNE 27,28, 29- INVITATIONAL - RED, WHITE AND BLUE
- CY-SPRINGS HIGH SCHOOL
JUNE 27,28 PONDEROSA - LOCATION TBA



Daniel Rudge and his Bicycle Solo Across America For Team Making Cancer History

Ben Boyd-Gorst, Pauline Rudge and Magda Felsbourg LOE Dolphin "Moms" are supporting a 3 year LOE Dolphin "Dad" Daniel Rudge on his epic endeavor to ride across America by bicycle in less than 12 days. Daniel is taking part in Race Across America (RAAM), a 3008 mile race, non stop and solo from Oceanside, CA To Annapolis, MD. While this is clearly

an undertaking for the ultra endurance athlete, what is accessible to everyone is that the beneficiary is MD Anderson's Children Hospital. Cancer touches all of us in so many different ways and while we

can't all relate to the extreme nature of this race, we can all relate to Cancer and the fight to find a cure. Daniel is a solo member of TEAM "Making Cancer History" and ALL funds raised go to MD Anderson. LOE Swim Team is a wonderful community event, where we all come together irrespective of swimming ability, nationality, race or gender, to celebrate our children and our community. Daniel is from our community and by his endeavor, wishes to give back to our community. Race Across America starts June 8th.

All gifts are deductible on federal tax returns subject to the limits allowed by the IRS. MD Anderson Cancer Center's tax number for charitable purposes is 74-6000203. MD Anderson also has options for deductions to 501(c)3 organizations.

1. By Check

Please make check payable to **MD Anderson Cancer Center**. Indicate Team "Making Cancer History" on the memo line. Send the check to:

Team "Making Cancer History" OR Development Office - 541
c/o Daniel Rudge
6123 Sienna Arbor Lane
Houston, Texas 77041-6038
Tel: 713 983 7553
University of Texas MD
Anderson Cancer Center
c/o Lesley Icenogle
P. O. Box 301439
Houston, Texas 77230-1439

2. Online - Enter the URL <https://www3.mdanderson.org/devoffice/> into your web browser.

Please note,

1. if you choose to give online or to send your donation directly to MD Anderson (Lesley Icenogle) please send an email to Daniel Rudge at: d_p_rudge@yahoo.com or daniel.rudge@shell.com
2. Please add RAAM2008 [Daniel Rudge] on the online where it says "use my gift for".

This will allow Daniel to thank you directly and to record the amount raised on an ongoing basis, since He will not be notified of your donation by MD Anderson until after the event.

The LOEST wishes Daniel success in his ride endeavor and THANK him for his gift back to our community. Daniel you are a great Role Model for our Kids.

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Karl B.

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8 Ways to Lasting Weight Loss

Submitted by: Tatum Rebelle

The first things many people do when they want to lose weight is dramatically cut their calories and make a list of off-limit foods. Even with the best intentions, doing this is actually slowing down your metabolism and creating cravings. This results in more stored fat, and the eventual binge when cravings are finally too strong to ignore.

Then there is the sense of failure and frustration due to feeling like you have fallen off the wagon. Determined to do better next time, the cycle begins all over again. Yo-yo dieting is a way of life for millions of Americans — even though there is more than a 90-percent failure rate.

Nutrition is the leading contributor to weight loss. It is imperative that you stay conscious of what goes into your body. The quality of food you eat is directly reflected in your body's appearance, as well as your overall health. No amount of exercise can counterbalance a poor diet.

Here are some recommendations for lasting weight loss:

1. **Do not drastically cut calories.** They are what your body uses for energy and necessary for it to function efficiently. Instead, you can limit the empty calories. These come from foods with little or no nutrients. If some of the leading ingredients are flour, high fructose corn syrup, sugar or partially hydrogenated oils, you can bet the food does not support your health or weight loss.
2. **Keep junk foods out of sight, and out of mind.** When ice cream is in the freezer or potato chips are calling to you from the pantry, they are hard to ignore. Keep healthy snacks that satisfy your cravings close by. If you have a sweet tooth, strawberries should do the trick. If you crave crunchy or salty foods, keep carrots or a variety of nuts in stock.
3. **Do not drink your calories.** Soda, juice, coffee filled with creamer and alcohol can contain a ton of calories. By sticking to tea and water you can cut hundreds of calories each day. By simple cutting out a couple high-calorie beverages daily, you can easily lose several pounds.
4. **Make fitness a priority.** If exercise is something that is done only when you have the time, chances are that it will not happen very often. Make fitness a priority and schedule it on your calendar like you would a lunch date or a doctor's appointment. Find what works best for you and stick to it. The best time might be first thing in the morning before the kids wake up, or in the afternoon when they nap. You may find that exercising with your child works best. Whatever time of day or type of exercise you choose, it is important to be consistent. Make it a priority and a habit.
5. **Every little bit counts.** Getting in shape does not require a daily two-hour commitment at the gym. Something as simple as an afternoon walk around the neighborhood with the stroller, or squatting and lunging as you hold your baby can make a big difference.
6. **Change your mindset.** Developing a positive attitude towards weight loss and health is absolutely necessary if you want to be successful. It has been proven over and over again that the mind and body work closely together. When your mind is saying exercise is a miserable chore, that's most likely what it will feel like every time you do. When your thoughts dwell on the excess weight, a hopeless attitude that will undoubtedly make the pounds harder to lose. Many people find that positive affirmations help. When you exercise, tell yourself that you are becoming a thinner and healthier person. The more you do this and believe it, the more likely it is to actually be true. As you are eating your balanced diet of whole grains, fruits and vegetables, don't think about the junk food you are missing out on. Instead, think of how fit and healthy you are becoming by feeding your body well.
7. **Find inspiration that works for you.** Some may want to lose the weight so they can fit into their pre-pregnancy clothes. Others may want to get healthy to reduce their risk of heart disease and diabetes so they have a better chance of being around longer for their children. Another may need a role model or visual picture of someone they want to emulate. Motivations for getting in shape are unique. Figure yours out and use it to keep you going.
8. **Get help.** Fitness and nutrition can seem overwhelming at times. Using online resources and hiring a fitness coach can be very beneficial. Having a personal trainer who is knowledgeable about exercise and nutrition will provide safe and effective workouts, as well as hold you accountable to regular exercise.

It only takes minor lifestyle adjustments to have a noticeable impact on both your physique and your health. You can do things as simple as changing breakfast from white bread toast with margarine to whole grain toast with a thin spread of natural peanut butter. Adding as little as 5-10 minutes a day of physical activity to your daily routine can facilitate gains in weight loss and improve health. Most of our daily routine is simply habit. Creating new habits takes just a little bit of time, and can be completely life changing.

Lakes on Eldridge North

Summer Pet Health

By Jim Amyx, DVM

In this "Summer Pet Health" article, I am going to address fleas, ticks, mosquitoes, bees, and wasps - dreaded insects that infest and cause great stress to our pets. Not only a nuisance, these insects can cause serious, even life-threatening pet diseases. Being proactive is the best way to protect your pet.

Fleas are a big nuisance to pets. They cause non-stop itching, burrow deep into your pet's skin, and leave nasty flea feces (a.k.a. "flea dirt") all over your pet. Fleas are everywhere and yes, "indoor only" pets can get fleas too! Fleas lay hundreds of eggs per day that live on your pet, fall into your carpet and furniture, and infest your environment. They are very efficient reproducers with a life cycle as short as 16 days from egg to mature adult. By the time you notice a flea problem on your indoor pet, your lawn, your house, and maybe even your car are all infested as well. Many dogs and cats are intensely allergic to fleas and, besides just an itch, can develop severe skin problems long after a flea is dead and gone.

Additionally, by ingesting fleas, tapeworms can be transmitted to your pet. Tapeworms compete with your pet's body for nourishment causing chronic malnourishment, weight loss, and other gastrointestinal symptoms. Very small pets, puppies, kittens, and cats can develop severe - even deadly anemia - due to fleas' blood meals on your pet when present in large quantities.

Ticks are another parasite that pesters and endangers your pet. Instead of jumping or flying, ticks crawl onto your pet. They are found primarily in wooded areas, wood piles, dense shrubs, and thick grass. Lyme Disease, Ehrlichia, Rocky Mountain Spotted Fever, and Tularemia are all diseases spread by ticks and, for this reason, can be extremely dangerous to pets and people. In large numbers, the saliva of ticks can cause neurological symptoms, even paralysis in pets.

Once found, ticks should be removed as soon as possible. If you cannot take your pet to the veterinarian to have ticks removed, then remove them yourself very carefully. Always wear gloves when removing ticks. Never try to rupture (or crush) a tick with a distended abdomen to prevent spread of disease to yourself and your pet. To remove a tick, put a small amount of alcohol on the pet, use a pair of tweezers to grasp the tick as close to the pet's skin as possible and pull

out the tick in a single steady motion. The tick should come out intact. Kill the tick by drowning it in alcohol before disposing of it.

Do not burn the tick with a match, pour oil, nail polish remover, or any other chemicals on your pet to kill the tick. If you do, chances are you'll hurt your pet in the process.

Fleas and ticks are by far the most common external parasites that plague dogs and cats. They can rapidly infest your pet - once your pet has been infested, so has your house, lawn and car. Prevention is the key.

Many flea and tick prevention products are available. Generally, flea shampoos and flea/tick collars are NOT effective in controlling and preventing infestation. Topical and oral flea and tick preventives are very effective and reliable. I highly recommend seeing your veterinarian to determine which product is best for your pet. There is significant difference in the efficacy of products available. So, before you spend money buying products off the shelf at a retail store, check with your veterinarian. It is far more difficult and expensive to eliminate fleas and ticks than to prevent them. So invest your money wisely.

Mosquitoes pose perhaps the greatest life threatening risk to pets - heartworms. Yes, heartworms do infect cats as well as dogs - indoors and out. Regardless of how much time your pet spends indoors, it can (and here, will almost certainly)



(Continued on pg. 13)

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Summer Pet - (Continued from page 12)

be infected with heartworms at some point in time.

Heartworms cause severe heart and lung disease in both dogs and cats and can be life-threatening without treatment. Currently there is no treatment available for heartworms in cats, so prevention is absolutely essential for all cats. There are many preventive options available, so again, check with your veterinarian for the best prevention for your pet.

In addition to heartworms, mosquitoes cause allergic skin disease in both dogs and cats and can transmit severe diseases such as West Nile Virus to your family members. Remove all sources of standing water in your yard to help control mosquitoes - this includes tires, flower pots, some bird baths, and poor drainage areas.

Mosquitoes bite - bees and wasps sting. They hurt pets just as they do people. Pets, like people, can be allergic to bee and wasp stings. Intrigued by these insects, pets try

to catch them. Allergic reactions typically occur within 15-30 minutes after the sting. Pets usually develop severe swelling at the site, swelling of the lips and skin around the eyes, and may develop hives or bumps all over their body. In most cases this is a mild reaction, but some cases can be severe enough to cause difficulty in breathing. If your pet develops these symptoms, take your pet to your veterinarian for an exam. Until then, you can safely give your pet 1 mg of Benadryl (generic formula is diphenhydramine) per pound of body weight by mouth. Diphenhydramine typically comes in capsules or tablets (25 or 50 mg) and a children's liquid (12.5mg per teaspoon - 5ml). Call your veterinarian for assistance if you have any questions regarding how much Benadryl to give to your pet.

It is impossible to eliminate these insects, so we must control their population. Protect your pet from fleas, ticks, mosquitoes, bees, and wasps. Don't let them infect or infest your pet, your yard, and your home!

WILDCATS RAP (Right After Prom)

WRAP is Cy Woods High School's chemical and drug free party to be held right after prom. This newly formed organization has started meeting to plan the event for the class of 2009. Please join us!! Start earning WRAP Bucks for your student! Website under construction at www.cywoodswrap.org

General Meetings:

May 13th - 6:00 pm

June 10th - 7:00 pm

July 8th - 7:00 pm

* The above listed meetings will be held at Cy Woods High School Commons.

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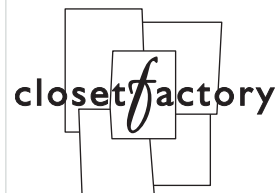
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Cypress-Fairbanks ISD Honors Volunteer Award Winners



Pictured from left: Reginald Lillie, Chairman of the Board of the Cy-Fair Houston Chamber of Commerce; Ms. Audrey Ayers and Mr. Ed Station of Station & Ayers Insurance Services; Leslie Martone from the Cy-Fair Credit Union; Pam Wells, CFISD Associate Superintendent for General Administration; Erin Al-Salman, President of the Cy-Fair Houston Chamber of Commerce; Barbara Johnson, Media Specialist at Emmott Elementary School; Lisa Underwood; and Pam Scott, CFISD Director of Partners in Education.

Cypress-Fairbanks Independent School District honored its district and state volunteer award winners during a Volunteer Appreciation Month ceremony on April 24. The award winners were nominated by various schools in the district at which the volunteers donate their time and were anonymously judged by a panel of school district employees and business partners. These extraordinary men and women were first selected as our district award winners and then competed against others in their categories from large districts at the state level, and each of them were honored with

the state's highest awards as well. The state award winners were recognized by the Texas Association of Partners in Education during their annual conference held in Austin at the State Awards Dinner on January 29th.

The award winners were as follows:

Outstanding Senior Volunteer: Mr. Robert Zemcik – State Crystal Award Winner; Outstanding Adult Volunteer: Ms Lisa Underwood – State Crystal Award Winner; Community Partnership: Cy-Fair Houston Chamber of Commerce – State Crystal Award Winner; Local Business Partnership: Mr. Ed Station of Station & Ayers Insurance – State

Crystal Award Winner; Medium Business Partnership: Cy-Fair Federal Credit Union – State Crystal Award Winner; Small Business Partnership: Credit Union Acceptance – State Gold Award Winner.

The district congratulates these distinguished individuals and businesses for their awards and accomplishments and thanks them for their devoted service to the students who attend our schools. And to every volunteer in our district, we celebrate each of you for the service you provide our students and staff all throughout the year.



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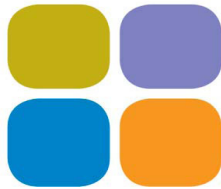
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Lone Star College-CyFair "Perspective"

Summer Fun in Gallery and on Stage - The Bosque Gallery presents "Someone Else - Portrait Exhibition" June 17 through July 3. Meet the artists at a 4 p.m. to 7 p.m. reception June 19. This exhibition is considered "open-call" so there were no restrictions on age, medium or experience level. For information, go to CyFair.LoneStar.edu/bosquegallery. Don't miss this year's children's shows "Thaddeus and 'Tila" June 18 through July 25 and "Go, Dog. Go!" Aug. 4 through Aug. 15. Then bring the family for Elton John and Tim Rice's "Aida" July 17 through July 27. For tickets and information call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice.

Free New Student Orientation and Family Orientations! - Incoming new students and their family members will receive campus tours and learn about academic and student life. Choose among full-day and half day programs that also include My Records training, advising

presentation and class registration, or mini orientation programs that include student panel, student activities information and a question and answer session. Programs are available in June, July and August. Register at CyFair.LoneStar.edu/orientation.

Library Offers Something for Everyone this Summer - The Harris County Public Library Lone Star College-CyFair Branch offers Summer Reading Program for children and adults. The library also offers free computer workshops, including new Undercover Librarian workshop. Topics range from basic computer functions to introductions to the Internet and various software programs. A variety of monthly book clubs are available including mystery, women of the world and sports page. There are plenty of youth programs with activities and book clubs for teens and storytime for younger children. Go online to CyFair.LoneStar.edu/library for information.

Recycle your Crocs

Learning Express is proud to announce our participation in the SolesUnited program. Started by Crocs, SolesUnited is the first of its kind footwear recycling program. Here's how it works:

1. Wear your Crocs shoes until the tread becomes worn or they reach their end-of-life.
2. Donate your worn-out Crocs at a participating retail location.
3. Once worn-out Crocs are received, they are sorted, ground up and made into new SolesUnited recycled shoes.
4. SolesUnited shipping partners work with organizations that assure the shoes will be delivered to those who need them.

To date, Crocs has donated more than 1 million pairs of shoes. Its goal is to donate 2 million pairs of recycled shoes in 2008. You can read more about the program at www.solesunited.com.

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FROM THE AMERICAN COUNCIL ON EXERCISE®

Reap The Rewards of Personal Training

All the rich and famous celebrities have one. In fact, some are rich and famous themselves. But you don't have to be either one to reap the benefits of hiring a personal trainer.

More and more people, novice and veteran exercisers alike, are working with personal trainers because they offer a practical and affordable means of getting and staying healthy.

A trainer for every body

Many automatically equate personal training with gyms full of hard-core strength trainers and body builders. This is only part of the picture. Anyone, young and old, in shape and out, can utilize a personal trainer for a variety of reasons.

For example, many professional and amateur athletes work with a personal trainer during the off-season to prepare themselves for in-season competition. Individuals recovering from an injury or accident may enlist the help of a personal trainer (in conjunction with their physical therapist) to get them back in top form.

The work of a majority of personal trainers focuses on increasing and/or maintaining their clients' fitness levels, assisting them in weight loss and overseeing their strength-training and cardiovascular activities. Strength training, in particular, has received increased recognition in recent years because the lack of strength is now known to be a risk factor for disease, especially for older populations.

Tailor-made training

Personal trainers wear many hats, serving not only as coach, but also as confidant, role model, educator and a major source of motivation and encouragement.

Some people may want constant supervision two to three times a week,

which makes them more likely to stick to their program because they are accountable to someone else for their exercise time. Others may prefer to see a trainer only on occasion to update their exercise program, or for periodic fitness testing to receive feedback on their progress.



It is the novice exerciser, however, who may find a personal trainer most valuable. Working with a personal trainer for a few sessions is often all it takes for some people to feel comfortable with independent exercise.

The following describes the most common services offered to those beginning an exercise program:

1. Fitness evaluation

This is a series of tests designed to assess cardiovascular fitness, body-fat percentage, flexibility and muscular strength and endurance.

2. Personalized exercise program

An individualized exercise program is designed based on the individual's fitness evaluation results and personal fitness and health goals.

3. Supervised exercise

Personal attention during exercise is the primary function of personal trainers. Clients are given a detailed orientation that addresses the aerobic, strength and flexibility components of the exercise program, and are educated about the fundamentals of strength

and aerobic training, as well as the proper and safe use of equipment.

Choosing one that fits

Once you have made the decision to hire a personal trainer, all that is left is to find one that best suits your needs. Of course, you want a personal trainer that is certified by the American Council on Exercise. (Call 800-529-8227 to locate the ACE-certified Personal Trainer nearest you.)

This is your assurance that you're working with a trainer who has the knowledge to provide you with a safe and effective workout. Don't hesitate to ask for references, and be sure that the trainer has liability insurance and provides business policies in writing.

Rates will vary, depending on the trainer's experience and the length and location of the workout session. While some health clubs offer personal training services to their members at reduced rates, most personal trainers typically charge \$25 to \$50 per hour for their services.

Finally, ask yourself if you could get along well with the trainer and whether or not they seem genuinely interested in helping you. If they meet all your other prerequisites, this is the trainer to hire. Together, you and your trainer can determine your best route to better health and fitness.



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A Hyperactive Nightmare on Two Legs Does This Sound Like Your Child?

Submitted by: Jeannette Quickenden S.A.C. Dip, MIGHT, AADP

Screaming fits, temper tantrums, hyperactive, letters home from school, lack of focus, antisocial and unacceptable behavior. Is your child? I so understand your situation. My young daughter can be a big pain depending on what she has consumed.

There could be a very simple solution to these behavioral issues. It is now widely accepted that food additives and delayed patterns of food allergies play an important role in causing learning and behavioral problems both in children and adults. A huge number of convenience foods contain a number of preservatives and colorants that have an adverse effect on some individuals, especially the young.

So what's the answer? Some suggest you cut out a whole range of foods and drinks such as all dairy products, yellow foods, junk food, all food with colorants, fried foods, soda and fruit juices for 2 weeks. You will then need to slowly reintroduce each of them and monitor any behavioral differences, but I know if I did this, my little one would be packing her bags and moving in with the neighbors.

I suggest the first step is to keep a food and behavior diary with time lines for 2 weeks to allow you to monitor what is drunk and eaten along with any personality changes. If you see a link between certain foods or drinks with a change in behavior, check all the ingredients and see if there is a common theme, then avoid, to a degree, foods

containing those ingredients. It would be a bit harsh saying your child can't eat birthday cake because of all the colorants, but you can do as I do and just think ahead and be prepared for the fallout.

Although every one is different the most common causes of food intolerance are colorants such as sunset yellow (E110), carmoisine (E122), tartrazine (E102), allura red (E129) and also products such as soda's, energy drinks and even those 'healthy' fruit drinks that contain lots of sugar.

Although it's hard it is to limit their favorite foods, it helps if once you have discover what might be affecting them try a similar alternative to their favorite munchie, but without those problem additives. Whilst this maybe time consuming it can be done. You will then need to educate them to avoid the 'bad' foods. If you are a busy parent or just need some help to put you in the right direction it is worth contacting diet and nutrition specialists. They can help by analyzing the diet and then going on a super market run with you to work out the 'good options'.

Now as the first option in fighting behavioral problems many parents and individuals are looking at what is consumed rather than opting for drugs as the only solution.

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Lakes on Eldridge North



Meet Jennifer

DOB 2001

Too many kids start out life without being loved or nurtured. It often takes a while for these kids to learn to trust, to learn to open up and to get out of survival mode. Jennifer is a little girl in need of some one on one attention. Almost 7 years old, she loves to play in the dirt, ride her bike and catch frogs. She also enjoys watching cartoons, playing t-ball and taking baths. Jennifer is currently in kindergarten and she is working on learning how to write her name and read. She's always on the move and requires constant supervision. Jennifer is shy but she can also be very loving and affectionate. She craves individual attention and can be competitive with younger children for her caregiver's attention. Jennifer participates in therapy on a regular basis and is working on her social skills.

Jennifer needs to learn boundaries from a family with patience -- someone willing to let her develop and blossom in her own time.

For more information about becoming a foster or adoptive parent, please contact Tracy Eilers at tracyeilers@adopttexas.org.

The picture is courtesy of Lucy Durfee, The Heart Gallery of Central Texas.



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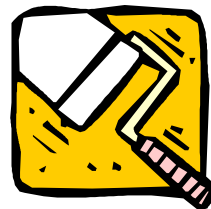
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Lakes on Eldridge North

June Landscaping

Submitted by Ron Kerwin

Make Father HAPPY; give him a lawn service covering the HOT summer months as a gift he will REALLY appreciate!! We'd be glad to help.

It is getting hotter out; plan your lawn/garden work for early morning or evening to avoid the heat of the day. Make sure you drink plenty of non-alcoholic fluids, preferably water, to keep from becoming dehydrated.

Plan your mowing schedule around the growth of your lawn. You should not mow more than 1/3 of the blade length off at a time. IF you water or fertilize too much, you will generate excessive growth. This will require more frequent mowing to avoid cutting off more than 1/3. If you postpone mowing, you will be damaging your lawn, generating excess clippings which will require more of your time to mow over them multiple times, and you will do your small mower engine harm by trying to mow too much grass with its smaller horsepower. With proper fertilization and watering, weekly mowing should be adequate; there will be exceptions however.

You can fertilize again this month with a 3-1-2-ratio fertilizer or 4-1-2; try to get it with a minimum of 50 % slow release nitrogen to stretch out its benefits. Water the granular fertilizer in soon after application. You can water your patio plants and hanging baskets with a diluted 20-20-20 water-soluble fertilizer. Try to use filtered or distilled water for these plants and baskets to reduce the chlorine getting to the plants.

Canopy your trees to allow more sunlight to get to the lawn grasses underneath. Low tree canopies will not allow grass to survive. You want the lower branches removed anyway for safety reasons while mowing. You don't want to get poked in the eye.

On Red-tip Photinia and Indian Hawthorne's watch for maroon colored spots on the leaves. This indicates a fungal leaf spot and could be fatal to the shrubs if left unattended.

Apply a fungicide, Banner or Daconil as soon as you can. Powdery mildew on roses, crape myrtles, eunonymus and zinnias in late spring can be treated with a funginex spray weekly.

Trim your spring flowering shrubs now and then leave them alone. Your Indian Hawthornes and other spring flowering shrubs are done blooming. Now is the time to trim them back. After you do this, do not trim them again until after they bloom next spring. Trimming them later in the year may result in your removing the flower bud heads for next year. June bugs DO NOT mean to treat for their larva, grub worms. Treatment is only effective in late July/early August IF you have grubs. Spider mites can be treated with miticides, insecticidal soaps or just a blast of water from your hose.



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Let me help you sell your home in Lakes On Eldridge North. If I do not sell your home in 4 months, your listing fees are FREE!* I am so confident in my services to you that I will list your home absolutely free if your home does not sell within 120 days.

YOU HAVE NOTHING TO LOSE AND EVERYTHING TO GAIN!

A black and white photograph of Michael Banh, a man in a white shirt and dark trousers, standing on a lawn in front of a brick house. He is holding a white sign that says "SOLD" in large letters and "WE CAN SELL YOURS" in smaller letters below it. To his left is a large yard sign for Michael Banh, Realtor, with the phone number 281-701-7666 and the website www.michaelbanh.com. The house behind him has a brick facade, a central arched doorway, and windows with shutters. A sidewalk leads from the front door to the grass.

Why MICHAEL BANH Is Right For LOEN:

- Resident Of Lakes On Eldridge North
- Personally Owned 4 Homes In LOEN
- Professional Realtor, Real Estate Investor, & Sr. Loan Consultant
- Mortgage Banker With Republic State Mortgage
- Finance Degree From THE UNIVERSITY OF TEXAS AT AUSTIN
- Above All, I ♥ LOEN!

WWW.MICHAELBANH.COM
(281) 701-7666

*CERTAIN RESTRICTIONS APPLY. APPLIES TO LISTING FEES ONLY. PLEASE CALL FOR MORE DETAILS.



Attention KIDS: Send Us Your Masterpiece!

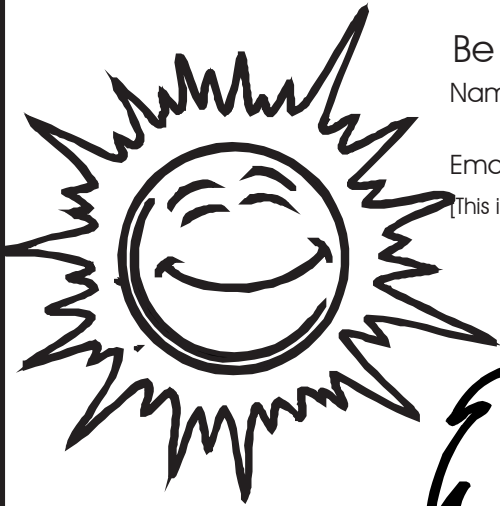
Color the drawing below and mail the finished artwork to us at 203 W. Main Street, Ste. D, Pflugerville, TX 78660.
We will select the top few and post their artwork online at www.PEELinc.com. DUE: June 30th

Be sure to include the following so we can let you know!

Name: _____
(first name, last initial)

Email Address: _____ Age: _____

[This information will only be used to notify you or your parents if your artwork was selected.]

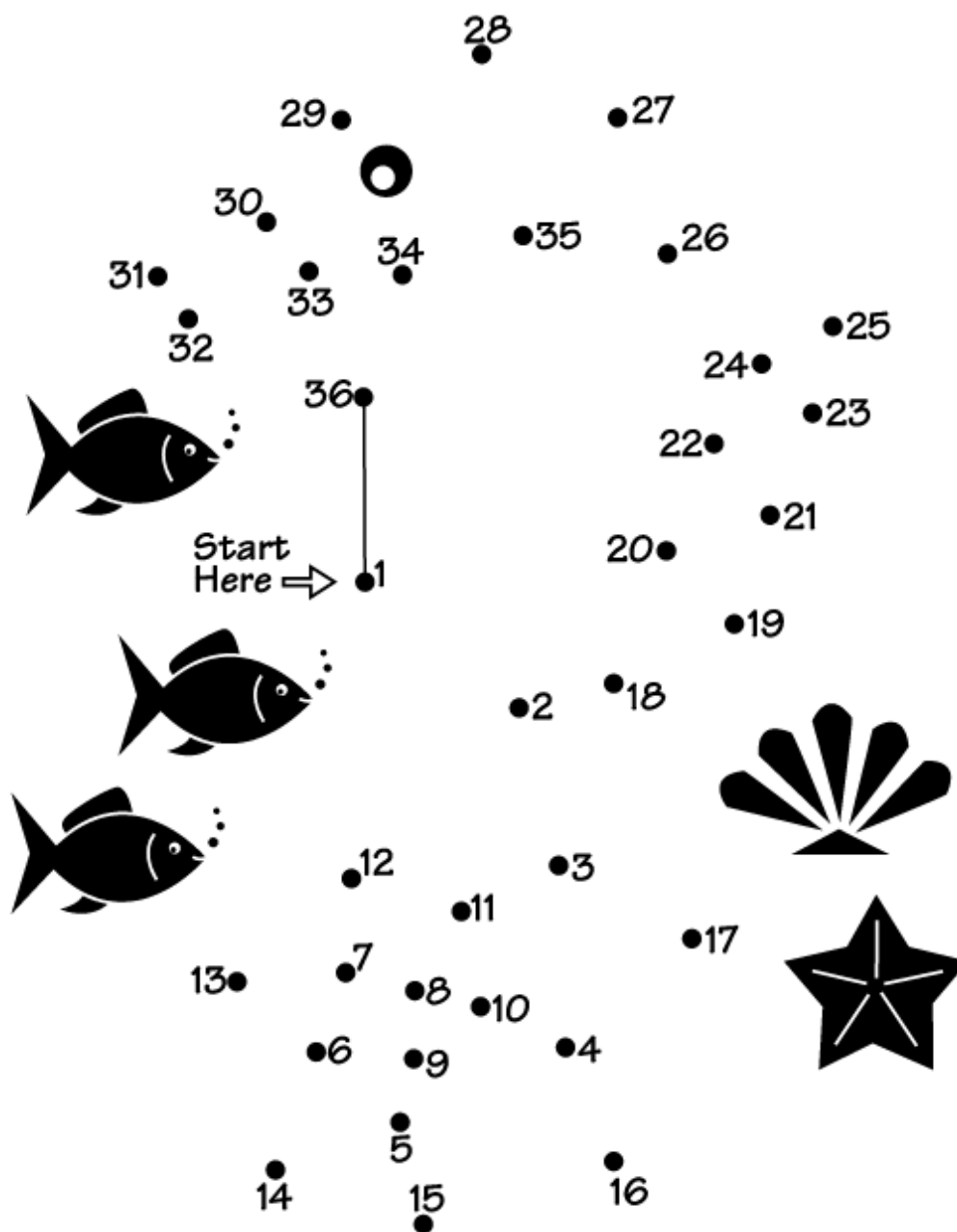


LOEN

Kids Corner

Dot-To-Dot

Connect the dots to find the hidden image.



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.

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

*See solution at PEELinc.com © 2006. Feature Exchange

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.



View the Kids' Club Contest Winners online each month at www.peelinc.com/kidsclub.php

HELP YOUR BUSINESS GROW

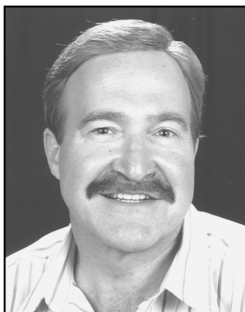


ADVERTISE HERE

888-687-6444 • www.PEELinc.com

NO MATTER THE SIZE OF YOUR BUSINESS, WE'VE GOT ROOM FOR YOU!

#1 In LAKES ON ELDRIDGE NORTH SALES
★ LAKES ON ELDRIDGE HOMEOWNER ★



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- **Top 1% of all Realtors in North America (1989-2007)**
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- **RE/MAX of Texas Agent of the Quarter 2007**
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