



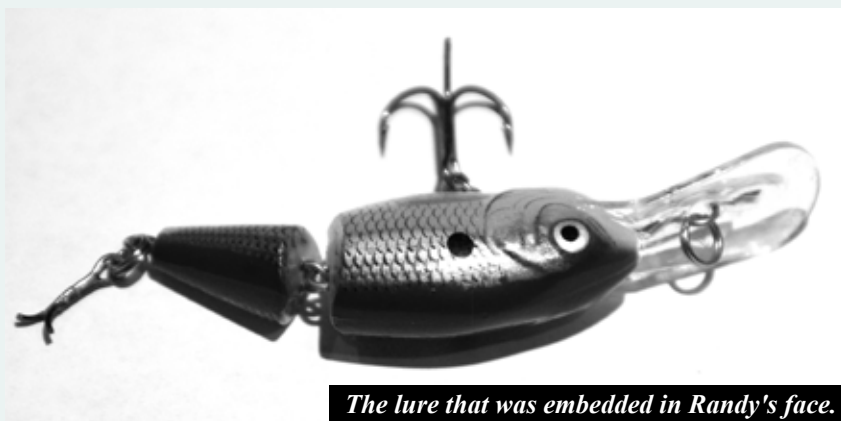
# LAKE S

ON ELDRIDGE  
NORTH

Volume 7, Issue 8

August 2008

## Anglers, Does This Belong To You?



*The lure that was embedded in Randy's face.*

On Memorial Day there were a lot of families and guests having a great time. Three adults were fishing on the small lake by the tennis courts where Randy, Dominic, and their four cygnets live. Despite all of the CAUTION and DANGER signs surrounding the lake, a lady was sitting on the bulkhead with her legs hanging in the water and two men were standing on the bulkhead casting with their rods even though Randy was swimming back and forth five feet from them. All of the anglers were casting with lures. As you can see in the picture, this lure has only one three pronged or "treble" hook on it but it should have three. Several boys were fishing off the rocks in the same lake later that day and were also fishing with lures. What is wrong with the picture? It's missing two treble hooks that are embedded

in Randy's tongue and the black skin around his eye. Each hook has a barb on it, which makes it more difficult to remove the hook from a fish or a swan's tongue. Randy was caught by a group of us and we worked with needle nosed pliers and other instruments used to remove hooks from fish. Because the hooks are embedded in the thickest part of Randy's tongue, they didn't go through the bottom of the tongue, which might have allowed us to clip off the ends of the hooks and pull them all the way through the tongue. Randy was in pain as we worked on him trying to pry his mouth open, trying to hold him down, and trying to help him. In order to get the hooks out of the tongue, he will have to undergo surgery, stay out of the water for two weeks leaving his "family", and have injections of tetracycline every other

*(Continued on page 4)*

## Cypress Christian School Athletic Accomplishments

Shanay Briscoe, a junior at Cypress Christian School, competed in the U. S. Olympic Trials in track and field in Eugene, Oregon on June 30. She qualified for the Olympic Trials after clearing 6' 1 1/4" in the Southwest Track and Field Meet in New Mexico recently.

Eighth-grade students Allie Aimone, Lizzie Hilton, and Jacob Hicks received the middle-school Sword and Shield Award for exemplifying excellence in Athletics, Leadership, Determination, Sportsmanship, Christian Character, Academic Achievement, and Integrity.

Seniors Allie Borkovich, Holt Van Pelt, and Michelle Van Rieg received the Valiant Warrior award for exemplifying excellence in Athletics, Leadership, Determination, Sportsmanship, Christian Character, Academic Achievement, and Integrity.

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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](http://www.PEELinc.com)

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Please e-mail articles and/or photos to [articles@PEELinc.com](mailto: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

## 6 Months in Review 2008

Price Range	Under \$399,999	\$400,000 to \$599,999	\$600,000 Plus
# of Sales	20	14	3
Avg. List Price	\$363,130	\$449,557	\$726,666
Avg. Sales Price	\$354,120	\$438,964	\$693,833
Avg. Sq. Footage	3320	3776	4898
Avg. \$/Sq Ft	\$106.66	\$116.25	\$141.66
Days on Market	42	32	81
SP/LP Ratio	98%	98%	96%

*\*Information from HAR/MLS 1/01/08 to 6/31/08*

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# Lakes on Eldridge North

Anglers - (Continued from Cover page)

day for the two weeks. **Please, those of you who insist on fishing, be more careful.** I have found so much filament in the lakes and around the bulkheads that you have just left behind instead of disposing of it. The ducks and swans become entangled in this fish line and it can cut off their breathing if it gets around their necks. One lead weight picked up off the bottom of the lake by a swan will kill it so please do not use lead. Thank you Deborah and Robert for coming to the rescue. I felt so alone when I saw the lure hanging from Randy's beak.

## 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](mailto: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](mailto:advertising@PEELinc.com).

## LAKES ON ELDRIDGE DOLPHINS

It is hard to believe 2008 swim season is over! What a great season! We took 2nd place at Divisionals, had 44 swimmers attend RW&B and 11 attend Ponderosa Invitaionals. Visit our website [www.loedolphins.org](http://www.loedolphins.org) for RW&B and Ponderosa results - very impressive results. You should see several of our swimmers at the top. CONGRATULATIONS! We are so proud of each swimmer on the team and hope to see you next year. Start looking at the LOEST website in January for details for the 2009 swim season.

We Thank the 2008 LOEST Board and Welcome the 2009 Board Members. We also thank ALL the Chair position Volunteers and ALL the parents that volunteer this season. This program is successful because of you!!! THANK YOU!!!

### 2008-2009 Board Members

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Vice President – Todd Thoman  
Secretary/Hospitality - OPEN – send an e-mail to [rosaclay@sbcglobal.net](mailto:rosaclay@sbcglobal.net) if interested  
Treasurer – Scott Sanders  
Member at Large/Registration – Marcy Unkauf Knox  
Member at Large/Computers – Laura Vassallo-Lee

### Upcoming events:

FALL PROGRAM --- A 10 week swim program that will run from August 25 to October 31 - check the website for more detailed information - [www.loedolphins.org](http://www.loedolphins.org)



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# CY-RANCH HS CHEER FAMILY SPIRIT NIGHT

***Support the Cy Ranch HS Cheerleaders by helping  
raise funds for uniforms, practice mats, and competition fees.***

**Meet the Cheerleaders at:**

Chick-fil-a on Tuesday, August 19th from 6-8pm

Location: Spring Cypress & 290 (only)

AND

Nestle's Toll House on

Thursday, August 21st from 4-9pm.

Location: Fairfield (290 & Mason Rd)

## COUPON

***Show your spirit and support the Cy Ranch Cheerleaders.***

Present this coupon: at the register at Chick-fil-a (Spring Cypress location only) on Tuesday, Aug. 19th from 6-8pm and a percentage of your purchase will be donated to the Cy Ranch Cheer Department.

Thank you for your support!

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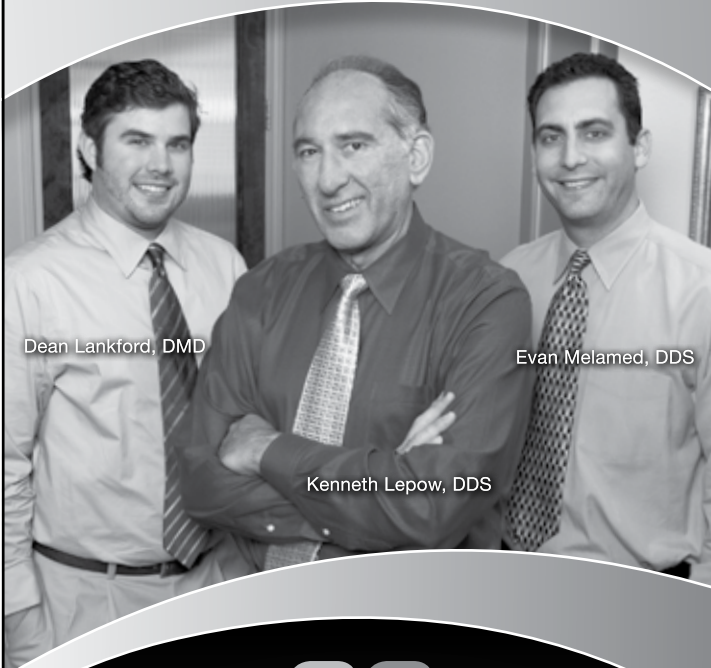
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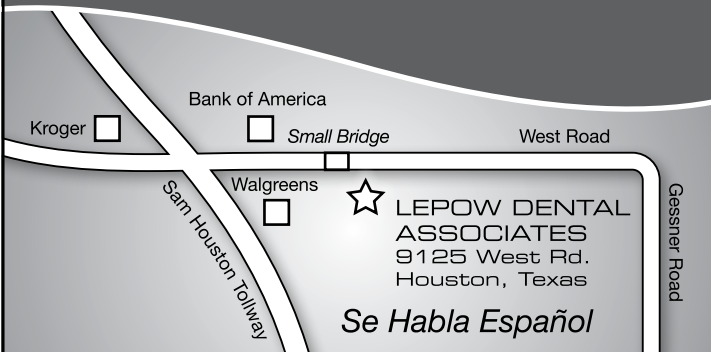
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# Back to School

## Kirk Elementary Hosts “Meet Your Teacher Night”

All new and returning Kirk Tigers are encouraged to bring their families to school on Thursday, August 21, 2008 to meet your new teacher and see your new classroom. This is also a great opportunity to meet fellow students and parents that we will work closely with throughout the coming school year. Additionally, there will be opportunities to find out about Kirk's Parent Teacher Organization (PTO) and how you can get involved with your child's school. The Kirk Spirit Cart will also be open and you can purchase items that show your Tiger pride! Come on out and get ready to go back to school. The schedule for the evening is as follows:

- 5:30 pm - PreK and Kindergarten
- 6:00 pm - 2nd and 3rd Grades
- 6:30 pm - 1st Grade
- 7:00 pm - 4th and 5th Grades

## Calling All Kirk Elementary Kindergarten Fall 2008 Tigers!

We are hosting our final summer activity before back to school is official. Please join us at the LOEN kids pool on Saturday, August 16 at 10:00 am for swimming and socializing. It's going to be great for these Kindergarten Mighty Tigers to have new friends on the bus and in the classroom this fall.

For more info, contact Linda Jordan at [ljordan1219@comcast.net](mailto:ljordan1219@comcast.net).

## Lone Star College-CyFair Perspective

### Summer Fun in the Gallery and on Stage

The Bosque Gallery presents a photo exhibition titled "IN-SITU: In the Place. - Italy Summer Study Abroad 2008" (Aug. 12 - Aug. 28). There will be a closing reception Aug. 28. Go to CyFair. LoneStar.edu/bosquegallery for hours and information. Don't miss the theatre's children's show "Go, Dog. Go!" Aug. 4 through Aug. 16. Overflowing with action and canine tom foolery, this early reading book has been embraced and loved since 1961! It's a big dog party for all ages to enjoy. 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 Aug. 6, Aug. 13, Aug. 14 and Aug. 21. Register at CyFair.LoneStar.edu/orientation.

### L.I.F.E. Lessons in August

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) In August, learn the history of, and how to make, ice cream Aug. 6; find out how to make an earth-friendly backyard Aug. 13; restore powers for health and spirit with mindful breathing Aug. 20; and create exquisite and simple clay flowers Aug. 27. Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair. LoneStar.edu/library.



### Join the Adventure!

### Get Connected...with MOPS!

MOPS stands for Mothers of Preschoolers, a program led by mothers themselves and designed for mothers with children ages birth to 5. These mothers all have a shared desire...to be the best mothers they can be! For more information on meetings in Fairfield, please contact Renate Wheeler at [renateqw@yahoo.com](mailto:renateqw@yahoo.com). They will meet on the second and fourth Fridays during the school year.



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## The Green Corner

*Submitted by Sheri Hicks*

### Green Up Your Everyday Cleaning

When I began going green, I started with the chemicals under my sink. I had already deduced by the chemical components, the ingredient list and the disposal warnings - they couldn't be good for the planet. What I didn't know is that despite heavy marketing claims that these products were not only safe but necessary to keep my home beautiful and healthy, they were actually causing far more harm than good.

I was shocked to find, during my research, that the EPA estimates indoor air pollution is up to five times greater than outdoor air pollution in part due to common household cleaners, aerosols, air fresheners, disinfectants, and even dry-cleaned clothing (solvent emissions). Recent studies also show a link between common household cleaners and asthma, the number one childhood chronic illness. The reason for this is that the chemical compounds in these products, when used and even while stored, emit harmful gasses that can cause eye, nose and throat irritation and respiratory issues. They are also linked to headaches, loss of coordination, nausea and liver, kidney and central nervous system damage. In some cases, they have been known to cause cancer in laboratory animals and humans and are suspected in links to neurological issues including ADHD and Parkinson's disease.

You don't have to compromise between the health and safety of your family and a clean environment. Below are my top five green cleaning solutions. Not only are they non-toxic and as effective as commercial cleaners but all of them are significantly less expensive than their commercial counterpart, something I appreciate in the midst of today's rapidly rising gas and grocery prices.

1. Baking soda is a very low cost yet extremely versatile foundation to green cleaning. Among other things, it can be used as a deodorizer, a stain remover, and a mild abrasive that can be used on porcelain bath and sink fixtures and stovetops. I once removed permanent marker from my coffee table by scrubbing with baking soda and a damp cloth.
2. Vinegar acts as a mild disinfectant and often boosts the power of baking soda. Nothing, not even Mr. Clean's Magic Eraser, can compete with the combined power of vinegar and baking soda on baked on food. Use to clean toilets, floors, windows and stove tops. Sprinkle baking soda into a slow drain and follow with vinegar, the reaction will help loosen clogs and open drains.
3. Pure Essential Oils are good substitutes for synthetic fragrances. Sprinkle your favorite essential oil (my favorites are lavender, peppermint and lemon) in a bowl of water to sit on the counter, sprinkle in closets, vacuum bags or vehicle

carpets for a safe air freshener. Be careful, essential oils are toxic to cats if applied directly to their fur.

4. Grain alcohol with high alcohol content is an effective disinfectant or even window cleaner to replace the harsher ammonia-based window cleaners or petroleum-based disinfectants. It can also be used in the occasional after cleaning cocktail! As with all alcohol products, keep out of reach of children.
5. Lemon juice is a natural stain remover and laundry brightener; a safe alternative to bleach. I recently removed a black grease stain from a pair of white pants with the power of pure lemon juice. It can also be mixed with vinegar to make a powerful disinfectant that can be used in the kitchen, in the bathroom, on floors and anywhere else germs may be lurking.

If you shy away from making your own cleaning products, there are now many safe non-toxic alternatives available on market shelves. My favorite for non-toxic dish soap (both liquid and automatic dishwasher soap), laundry soaps and softeners are made by Seventh Generation but there are other good products such as Mrs. Meyers and Planet. For an even bigger boost to the environment, use cloth rags that can be washed with the laundry instead of disposable products such as wipes or paper towels.





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Margaret Erwin; Double Major, Business and Marketing,  
University of Georgia; Dean's List;  
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## Natural Watch Dog

*Submitted by Luis Escobar*

I spoke with a man yesterday who has a "great watchdog". His dog lets him know when his neighbor is outside, when the kids down the street come home from school or are outside playing, when there is a squirrel on the lawn, when the mail arrives, when the neighbors get a UPS delivery, when a bird lands, a cat is out, when someone walks their dog, and on and on. WOW was I impressed. I couldn't help wondering how many times this guy was getting up to check on these alerts from his dog. I'm guessing a lot as he knew exactly what his dog was barking at. I got tired just thinking about having to check on all that activity.

I almost asked him how he would know if there was something that really needed his attention. To my thinking this wasn't a watch dog, but a nuisance barker. Can dogs learn the difference? Thankfully the answer is YES! Rover can learn to distinguish the difference, as long as we know the difference.

Rover is not a barker. I wish I could say that about the other dogs in our neighborhood. There are two yorkies behind us who go ballistic when anyone walks by. There is Rover's friend Emma the mixed up mutt next door who tries to tell the yorkies to shut up. There's Charlie the lab down the street who barks at every dog that walks by his house. You can follow us around the block, just by listening to the barking.

These dogs are all barking inappropriately. In other words this is nuisance barking. Birds, squirrels, leaves, cats, lizards or other dogs and people are not things we need Rover telling us about. Fires, someone breaking in, or unexpected things are what we want to be notified about.

As I said, Rover is not a barker. He'll look towards the sound of other dogs barking but he doesn't join in. The times he did join in we corrected him. We consistently let him know that we didn't need to know if the Yorkies saw someone or even if he saw someone. It was none of his business, but if he wanted to watch he could do so quietly. Now he basically ignores the cacophony of the "watch dogs". But he will alert us to unusual events.

One night I was having trouble sleeping and got up and went outside in the middle of the night. Rover didn't hear me go out but he did hear me come back in. He gave a couple of warning barks and started growling when he heard the front door open. The door opening in

the middle of the night was unusual. He woke Cathy, alerting her to my sneaking back in. Even though he rattled me out he still got lots of praise for raising the alarm.

Dogs will naturally alert you to the things out of the ordinary. They WILL warn about unusual events, even if they are corrected for barking at the wrong things.

If Rover is a nuisance barker the chances are that over time we'll just tune him out. It's like the boy who cried wolf. When the wolf really comes we won't believe him.

Nuisance barking CAN be corrected but it's important to address the cause(s) and not just the symptom(s). Dogs bark for various reasons such as calling the pack, trying to scare someone or something, because they are afraid, or because they're bored. It's often stressful not only to us and our neighbors, but to the dogs as well. This is especially true with issues of separation anxiety.

Do you have a neighbor whose dog is creating a nuisance with his constant barking? How you approach this might be difficult. You might ask if their dog is ok because it seems to be upset a lot. If it only barks when the owners aren't home they might not even know it's barking. Ask about the dog with concern instead of confrontation and you may have a better chance of getting the owner to understand there's a problem.

Once the inappropriate barking is under control you'll have a natural watchdog. One who alerts you to something out of the ordinary, and one who's warning you can trust. Once we can trust Rover's warning we'll know when we have to really check on things and it won't be because the kids down the street are outside playing. The results?

Happy Dogs = Happy Families and Happy Neighbors.



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# Lakes on Eldridge North

## Attention All Swimmers! Swim Year-round with the Texas Terrapins

### 2008 – 2009 Season Registration

- August 11 – 15** Swim Clinic brush up on strokes  
and try us out
- August 20 & 21** New swimmer registration  
5:00 – 7:30 Lakeside Trails Clubhouse
- August 26** Returning swimmer registration  
5:00 – 7:30 Lakeside Trails Clubhouse

Please check website for timely updates to registration time and place. All registration forms are available on-line.

Texas Terrapins Swim Team is Northwest Houston's new year-round competitive USA swim team offering instruction and competition to swimmers of all ages and abilities.

Texas Terrapins Swim Team practices week-days at the Fairfield Athletic Club's outdoor heated pool, located near Highway 290 and Mason Road in Cypress, Texas. This season we will also be looking into local indoor pools for practice sessions.

Texas Terrapins Swim Team offers several program options for swim team participation, along with a growing "Learn to Swim" Program.

Texas Terrapins Swim Team -- just our team name indicates that we're different! We have a team mascot -- the terrapin (think turtle) and our team colors are royal blue and neon green. And although we're serious about our swimming, we keep in mind that it's still about having fun! We offer flexible practice schedules for busy families and an ability to take time off during the year to participate in other activities/sports. We recognize a child's accomplishments both IN and out of the water. And we support an individual's goal, while encouraging overall team achievement.

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# Lakes on Eldridge North

## Calling all Mothers of Texas A&M Students!

The Northwest Harris County Aggie Moms Club cordially invites you to attend our Annual **Howdy Party** on **Tuesday, August 12** at 7:00 p.m. There is no charge to attend and no reservations are needed.

Come "whoop" it up with us at the Houston Distributing Company conveniently located near Willowbrook Mall at the corner of 7100 High Life Drive and Cutten Road, just south of FM 1960. Catch the "Spirit of Aggieland" as former Fightin' Texas Aggie Yell Leaders teach us the yells, the war hymn, and share about the traditions that make Texas A&M so great!

The purpose of the Aggie Mom's Club is to support our students, many of the university's clubs and organizations, and each other as our students go through this important stage in their lives. Come be a part of this friendly group of women. We look forward to your joining us!

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

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*Ian W.*

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## Pearl Fincher Museum Day Trip to MFAH

The Pearl Fincher Museum of Fine Arts is offering northwest residents a bus excursion to the Museum of Fine Arts, Houston on Friday, September 26, 2008. The MFAH will be exhibiting "In the Forest of Fontainebleau: Painters and Photographers from Corot to Monet," as well as several other interesting exhibits.

The bus leaves the parking lot behind the Cypress Creek Christian Church/Barbara Bush Library at 6815 Cypresswood Drive promptly at 9 AM. Bus riders must be age 50 or older.

A minimum non-refundable donation of \$5 to the Pearl Fincher MFA will reserve your seat on the bus. Make your bus reservation by contacting Judi Redilla at [jredilla@sbcglobal.net](mailto:jredilla@sbcglobal.net) (281-469-3434) or Ethel Petropoulos (281-528-8846).

## Literacy Workshop to Take Place at Fairbanks Branch Library

*Submitted by Steve Zach*

Fairbanks Branch Library seeks volunteers to help adults learn to read and write. The library will host a two-part training workshop for tutors on August 18 and 25 from 6:30 to 8:45 p.m.

The training workshop is free and there are no requirements to volunteer, other than a love of reading and two or three hours per week to help someone learn this important skill. After the training session, participants can volunteer as a tutor at any Harris County Public Library branch.

Tutors help adults gain the basic reading and writing skills necessary every day to meet such goals as advancing at work, reading to their children, and reading for personal interest. The library also

provides computer and video-based programs to help adults learn basic phonics skills.

Fairbanks Branch Library is located at 7122 N. Gessner, at the intersection with West Little York. Tutoring can take place at any branch library.

For more information, to register for this workshop, or if you know of an adult who would like to improve his or her reading, please call the library at 713-466-4438.



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- 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 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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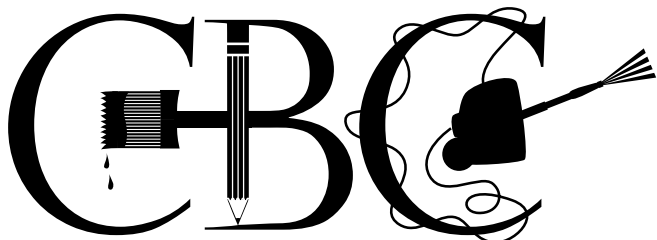
# Lakes on Eldridge North

## IT'S YOUR MONEY Give Your Finances a Clean Sweep

by Rich Keith

(NAPS)—Anytime of year can be the right time to get your home office organized—and while you're at it, your finances too. Here are some tips:

- **Take out the garbage.** Start with your desk top—not the one on your computer, the real one. If your desk is covered in paperwork, weed out what's important and store key documents in a central place. This could be a good time to dust off your credit report as well. If you are the victim of identity theft, one of the first places it can show up is on your credit report. Even though new legislation entitles you to one free report each year, it's estimated that only 10 percent of consumers are taking advantage of it. According to Money Magazine, 33 percent of those who did get a report found errors. To request a copy, visit [annual.creditreport.com](http://annual.creditreport.com) or contact one of the major credit bureaus: Equifax, Experian or TransUnion.
- **Make everything within reach.** When organizing your office, it's important to keep frequently used items close at hand. The same applies to your financial goals. Set goals you can reach. For example, start your retirement fund by putting a set amount every month into an Individual Retirement Account (IRA).
- **Have a backup plan for files and finances.** If you have important documents stored on your computer, back them up onto CDs once a month and store them in a fireproof safe. When it comes to financial backup, create an emergency fund of at least three months salary. Also, update your life insurance policy. Newsweek recently stated that for a married couple with two children, it is advisable to have life insurance protection that equals eight times your annual income. And while you're at it make sure your will is current.
- **Shred it and forget it.** If you don't have a paper shredder, get one. Shred old quarterly statements on investments once you have the annual statements. Also, shredding anything you don't need that contains your Social Security number or birth date can be your first line of defense against identity theft. One easy way to eliminate clutter in your home office may be to sign up for online banking and cut down on the need for paper statements.
- **Make it automatic.** One easy way to eliminate clutter may be to sign up for online banking and cut down on the need for paper statements. Plus, you can set up monthly withdrawals from your checking account that are deposited into an IRA—starting with as little as \$25 a month.



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The group relies 100% on volunteers, donated items and financial contributions. All financial contributions are used for postage and related expenses. All packages are shipped in U.S. Post Office Flat Rate Priority Boxes especially designed for APO/FPO recipients. A donation of \$10 will help pay to ship one box.

It is our duty as citizens of this free country to show our appreciation not only to our veterans, but also to those troops who are currently serving to preserve and protect the freedom we hold so dear. As we have learned since the founding of our country on July 4, 1776, Freedom Isn't Free!

Most everyone knows of someone who is currently or has been deployed to the desert in the years since 9-11 occurred. No matter your opinion about our political leadership or the war effort itself, our troops need and deserve your support and encouragement. Please consider helping us to show our troops that we support their sacrifices.

Cypress Cares is NOT a 501(c)(3) organization and therefore can not offer anyone a receipt for tax deduction purposes. We simply ask for groups, individuals and businesses to donate from their hearts.

We will strive to find ways to involve our community and to spread the word about our efforts. Any suggestions about how we can better serve our troops, please feel free to contact us. We may be reached at [cypress\\_cares@yahoo.com](mailto:cypress_cares@yahoo.com).

Please visit our website at [www.cypress-cares.org](http://www.cypress-cares.org) for more information.

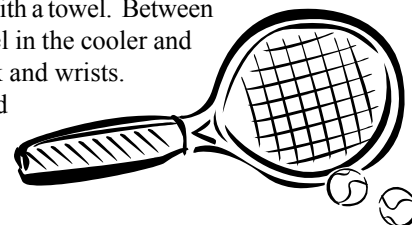
## Tennis Tips

*Submitted by Fernando Velasco*

### Watch for Dehydration - Avoid Heat Stress by:

- Schedule practice time in the morning and late afternoons.
- Wear light-colored clothes with breathable material.
- Wear white hat to protect face, skull and neck
- Drink 18-20 oz of fluid two or three hours before your match, then again another 8-10 oz ten to twenty minutes before match.
- During play, drink 8-10 oz every ten to twenty minutes (during changeovers.)
- If you have heat cramps, stretch the muscle, and take rehydration drinks with glucose and electrolytes.
- If you feel light-headed and think you might faint, lower your head or lay down on your back with your feet up. It would be a good idea to stop playing and to sit down in a cool area.
- Take two coolers on the court. One full of ice and water to drink and one with ice only with a towel. Between games, soak your towel in the cooler and refresh your face, neck and wrists.

Enjoy your tennis games and stay "cool"



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## WILDCATS RIGHT AFTER PROM

General Meetings are held the second Tuesday of the month at 7pm in the Cy-Woods commons on the following dates:

Make plans to attend these meetings and earn 5000 WRAP Bucks! (to find out what WRAP Bucks are - visit the WRAP website.)

### MEETING DATES:

Aug 12, 2008	Jan 13, 2009
Sept 9, 2008	Feb 10, 2009
Oct 14, 2008	Mar 10, 2009
Nov 11, 2008	Apr 14, 2009
Dec 9, 2008	May 12, 2009

## PAVE A PATH TO WOODS PROGRAM

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## WHAT IS WRAP?

WRAP is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug- and alcohol-free all-night party for the graduating seniors and their guests after their prom. Held at the CFISD Berry Center on May 22, 2009, from 11:00 p.m. to 6:00 a.m., it is a fun-filled evening of shows, games, activities, food, gifts and prizes!

WRAP can only be a success if there is participation of parents, businesses, and corporations. WRAP is totally dependent on donations to raise the funds necessary to host an event of this size

Other WRAP Fundraising Projects:

- Senior Faces
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# Lakes on Eldridge North

## Family Volunteering: Doing Good Together

*Submitted by Wendi Baird*

During a recent camping trip, my children were shocked to see the amount of trash left along the river bank following a long holiday weekend. "Didn't the people see the empty trash cans," asked my daughter with all the childlike wisdom of an eight year old. As we looked downstream, we noticed a lone Park Ranger walking along the banks with a trash bag picking up all the empty cans and other garbage left behind by the holiday revelers.

I saw the light bulbs go off simultaneously in my kids' minds ... "Mom, can we go back to our camper and get some trash bags to help, too?" To be honest, my first thought as a mom was that I didn't want my children touching all that germ-infested garbage. But then I realized what a great learning opportunity this could be. Here was a problem, and it was one that we could work together as a family to remedy. So after walking along the river banks, filling up two trash bags with garbage, we finally caught up to the Park Ranger downstream. Although he was very appreciative of the help, he was quite surprised by our efforts. "You shouldn't have to do this," he said. "It isn't your trash or your responsibility to pick it up".

I don't know what was more disappointing that morning – the fact that this beautiful park was strewn with garbage (while empty trash cans sit in plain site) or the surprise shown by the Park Ranger that someone would voluntarily help pick up the garbage.

It seems that the phrase "That's not in my job description" has become

a common mantra today. I firmly believe that one way to combat the selfish and materialistic attitudes prevalent in our society is through Family Volunteering. It's one thing to tell our children that we need to help others. But actually doing volunteer projects together as a family instills life lessons that won't be readily abandoned later in life.

According to the website [www.DoingGoodTogether.org](http://www.DoingGoodTogether.org), family volunteering "is a hands-on way to teach children the values of kindness, compassion, tolerance, community responsibility and good citizenship." The website is full of ideas for family volunteer projects. One of my favorites is one that even the youngest children can do. Create a "Giving Box" from an old coffee can or shoe box. Let your children decorate it and then place it in a prominent location in your home. Encourage your children to fill it with any loose change they find. Then as the Holiday Season approaches, let your children help choose where the money will be donated. For example, they could use the money to buy a toy to donate to Blue Santa or to buy canned goods to donate to the local food pantry.

Our children still talk about that family experience of picking up trash along the Frio River. It was gratifying to all of us to see how clean the riverbank looked after spending just a few minutes helping that lone park ranger. But, more importantly, it reinforced to us as parents that it's one thing to teach your children something, but the impact is far greater when you show them!

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## August Landscaping

*Submitted by Ron Kerwin*

August is a great month to stay inside and make your plans for this fall's plantings. Browse the catalogs for ideas and bulbs to order now to plant in November and December for next spring's display. If you are going to work in the lawn or garden, plan it around the early morning or evening in the cooler hours. Drink plenty of water to keep from dehydrating.

The July heat may have already taken its toll on your annuals. If they are beyond help, pull them out and replace them with more heat tolerant varieties. If they are okay but overgrown, you can trim back your annuals and perennials by 1/3 to 1/2 to get better flowering in the fall. You can also trim off the dead or damaged canes and the errant chutes from your roses to enhance the fall blooms. Fertilize your roses right after you prune, as this application is very important. Do NOT trim flowering shrubs, like Indian Hawthorns, after July or you will probably trim off the buds (look like berries) that would provide the flowers next year. Rework your beds to prepare them for fall plantings of flowers or vegetables. Bury in the compost materials and add the mulch



on top. They will be ready for planting when it is time. You can fertilize your lawns this month with a 3-1-2 ratio 50% slow release nitrogen fertilizer. This is a good fertilizer for your shrubs and flowerbeds too.

The heat stresses all our lawns, shrubs etc. We will probably not get much rain so we will have to water with irrigation systems or drag around sprinklers to keep everything from burning up. 1 inch of water per week should be enough. Do not water in mid-day, as most of it will simply evaporate prior to getting into the ground. Irrigate in the early morning if possible.

Water deeply, not frequently. Watering in the evening can lead to plant diseases. Maintain the water in the soil of your beds more effectively by having a good thick layer of mulch. Most every month I comment on the benefits of thick mulch but it is a topic worth repeating, as its benefits are many.

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A graphic of a spiral-bound notebook. The spiral binding is on the left side, represented by a series of black loops. The notebook has a thick black border. The main body of the notebook is a light teal color. In the center of this teal area, the text "Not Available Online" is written in a bold, black, serif font.

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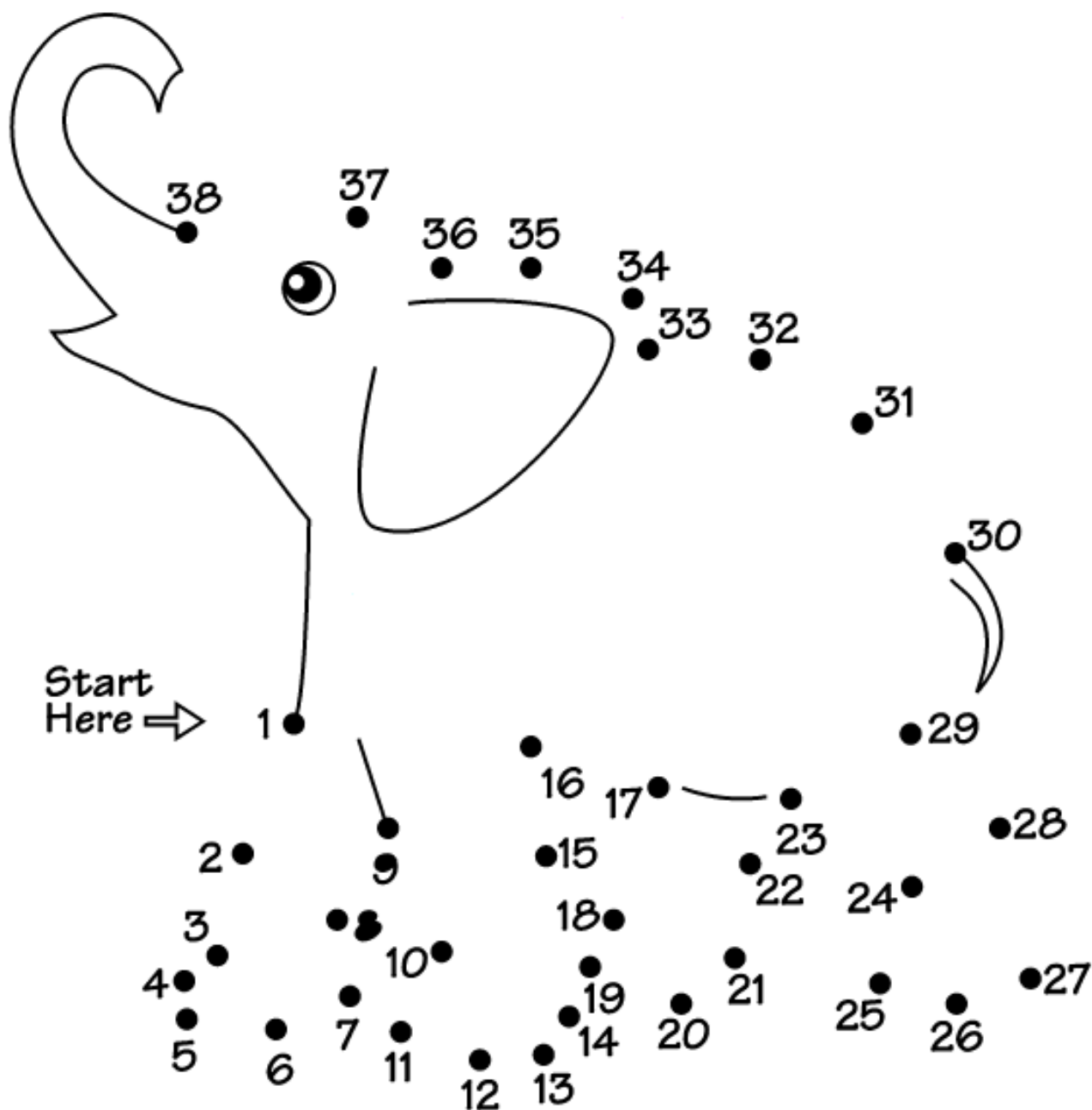
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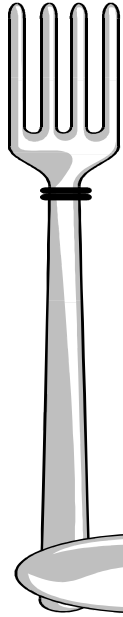
# Kids Corner

## Dot-To-Dot

Connect the dots to find the hidden image.



## FEEL GOOD EATING



### Chicken Apple Salad

#### Ingredients

- 1 cup cubed chicken
- 2 cups shredded cabbage
- 1/3 cup chopped celery
- Juice of one lemon
- 3/4 cup mayonnaise
- 1 cup cubed apple, do not peel
- 1 cup coarsely chopped pecans

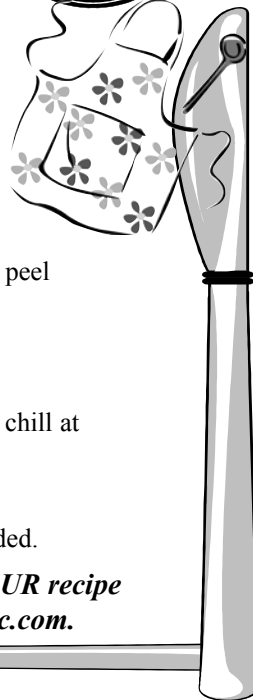
#### Directions

Combine first 6 ingredients in large mixing bowl.  
Add just enough mayonnaise to moisten. Cover and chill at  
least 1 hr. before serving.

#### Note:

Small can crushed pineapple(drained) can also be added.

*If you would like to submit YOUR recipe  
email it to [articles@peelinc.com](mailto:articles@peelinc.com).*



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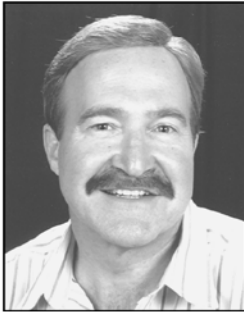
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