



LAKES

ON ELDRIDGE
NORTH

Volume 8, Issue 1

January 2009

Tearpock Family Celebrates Special Christmas with the Birth of Their Great Great Granddaughter



*Five generations
More Pics on Pg 4.*

The Tearpock's enter that special group of families who have celebrated five living generations with the birth of Nena Belle on December 9, 2008. Nena Belle was born 6 weeks premature and weighed only 4 pounds, but her birth made for a special Christmas celebration. Shown in the five generation picture are: Laura Tearpock - Great Great Grandmother; Daniel Tearpock - Great Grandpappy; Danielle Tearpock-Lavergne - grandmother; Justin Hitt - father; and Nena Belle - the Great Great Granddaughter.

Dan Tearpock has lived in Lakes on Eldridge North since February, 2004. His mother Laura spends the winter months in Houston to get out of the cold weather in her home town of Mocanaqua, Pennsylvania. Danielle, Justin and the new baby all live in Broussard, Louisiana near Lafayette.

Christmas was indeed a blessed time for the Tearpock family to enjoy a new baby girl and enter that rare situation of five living generations.



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Lakes on Eldridge North

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(give pole # of street which is out)	
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Lakes on Eldridge North

Tearpock Family & Great Great Granddaughter



Above: 5 Generations with mother Jessica.

Top Right: Great Grandpappy and Nena Belle.

Middle: Great Great Grandmother with Great Great Granddaughter.

Bottom Right: Baby Nena looking like Popeye with hat.

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Cypress Christian School Families Help Cypress Assistance Ministries

The Cypress Christian School community overwhelmed CAM (Cypress Assistance Ministries) with 134 turkeys and two truckloads of food on November 19. Beginning in October, students contributed non-perishable food items and toiletries for families in need.

Mr. Gaithe, CAM's representative, spoke to students at elementary chapel November 19. He explained to the students that CAM's food pantry was low (due to needs caused by Hurricane Ike) and that they did not have even one turkey to give to the 200 families that needed them. Because of the generosity of Cypress Christian school families, CAM was able to meet the needs of those families. Afterward, some of the fourth and fifth grade boys helped Mr. Gaithe load two trucks of food and toiletry items donated by school families. A third truck was sent to Kroger and loaded with 134 turkeys that had been purchased by the faculty and staff.

CAM was overwhelmed by the school's generosity. Mr. Gaithe, through tears, asked the school staff to personally thank everyone for the outpouring of generosity.

The relationship between Cypress Christian School and CAM began many years ago and continues to this day. The school has partnered to help meet the needs of families in crisis due to illness, job loss or other circumstances.

Cypress Christian School is an accredited K-12 Christian school and is located at 11123 Cypress N. Houston Road at Jones Road. For more information on the school and its ministry, call 281 469-7745 or visit the website at www.cypresschristian.org.

Flying Eagles

Clay Road Baptist School is proud to announce our "Flying Eagles" for the first quarter of the school year. Like a traditional honor roll based on academics, "Flying Eagles" is an honor roll based on character. Students are selected based on qualities like patience, kindness, work ethic, spiritual growth, respectfulness, study skills, consideration of others and joyfulness. We are especially pleased to recognize the following students;

K	Mark Nimri- Tampke Bianca Gordon	4 th	David Scott
1 st	Olivia Einnarsson Connor Panto	5 th	Mary-Kate Scurlock Hope Tang
2 nd	Natalie Morel Carter Joutraw	6 th	Kirsten Binkley Cody Parcus
3 rd	Jonathan Loebel	7 th	Beau Powell
		8 th	Corrie Andrews



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!

CURRENT FUNDRAISERS:

JEANS & JEWELS DINNER-DANCE AND SILENT AUCTION – FEB 20th

Entire community – you are cordially invited to the **Jeans & Jewels Dinner-Dance and Silent Auction** in honor of WRAP (Wildcats Right After Prom)! This evening of fun will be at Lindsay Lakes on Friday, February 20th from 7:30-11:30 – so save the date! Tickets will be going on sale soon and

cost will be \$25 if purchased by February 1st, \$30 after February 1st and at the door. Please contact our committee chair (see website cywoodswrap.org) if you have donations for the silent auction or to purchase tickets.

MR. CY WOODS

Winter/early spring. This is a beauty pageant type show attended by the students that spotlight the senior men. More to come on this fun event for the students!

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!

Cy-Woods Wildcat Band & Color Guard Casino Night and Silent Auction

On Saturday, January 31st from 7pm to 11pm, the Cy-Woods Wildcat Band and Color Guard will be hosting their third annual Casino Night at Cy-Woods High School. This is a once-a-year fundraiser for the band. Casino Night is a time not only to raise funds for the band, but also to have fun. Given the huge success of last year's Casino Night, a Texas Hold'em tournament has been added this year. You don't want to miss the fabulous Silent Auction and grand prize drawings for a ping pong table, foosball table, digital camera and a Wii. Come join the fun and help support the Wildcat Band and Color Guard. For more information visit the band website at www.cywoodsband.org.



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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. They will meet on the second and fourth Fridays during the school year.

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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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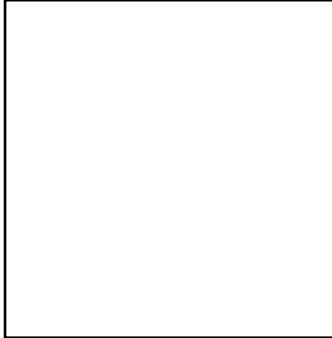
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ALL events include our children and we believe there is something for every mom out there! Are you looking for park days, coffee breaks, lunch outings, (free) babysitting co-op, craft projects, time to sit and chat, cooking club, book club or someone to share dinner with when your husband is traveling or working late? We even find the time to meet once a month for a mom's night out a great time to unwind. Or are you interested in helping the within the community with service projects. We have that! (And a whole lot more!)

The New Year is here and what a better time to start something new! You can attend two events before joining. Our membership fee is only \$20 a year. The Moms club is a great opportunity for you and you kids to make new friends in our area. Come visit our next all-member meeting and see for yourself! There is a lot of fun and support just waiting for you! Our next meeting is Tuesday, January 8th, 10AM at Good Shepherd United Methodist Church located on Cypresswood Drive in Fairfield. As always, children welcomed!

For more information please contact Danielle Slot, Membership VP at 832-876-4358, danielleslot@yahoo.com or Amy Wilkes, President at 281-455-2807, amywilkes2003@yahoo.com.

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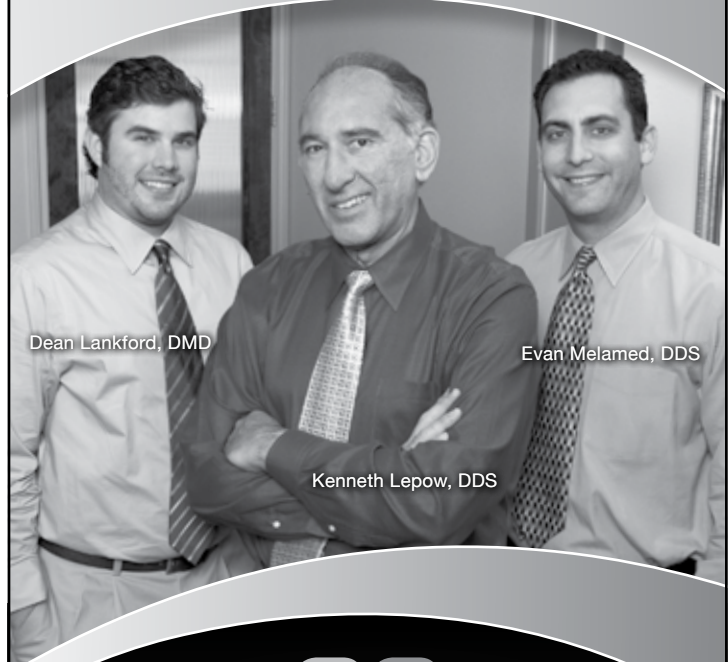
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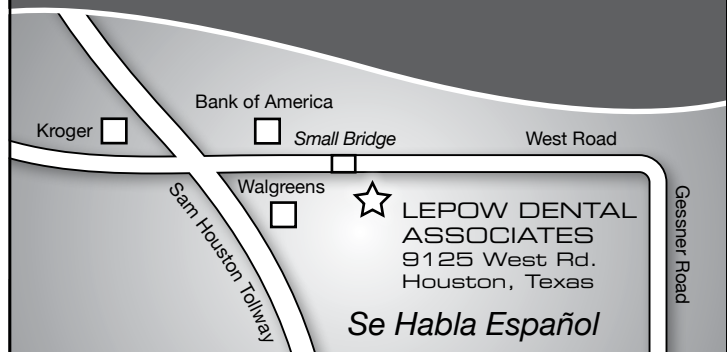
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VOLUNTEERS NEEDED!

Do you have some extra time in your schedule each week that you would like to use to make a profound difference in the life of a child? Cypress-Fairbanks ISD needs caring members of the community to join the VIPS TAG Team (Targeting Achievement Globally). This team of volunteers works with the district's helping teachers to tutor students in selected elementary schools.

You do not need to be a parent or family member of a student to become a team member. You can become a global volunteer – a generous, concerned resident of the community who wants to help children reach their full academic potential. No specialized knowledge or training is necessary. We do ask that team members be willing to work on a consistent, weekly schedule so that the students receive the utmost benefit from their work.

We have tutoring opportunities available in several schools throughout the district and can schedule a time that is convenient for you. If you have questions or need more information, please contact Kim Nash (krnash1@sbcglobal.net or 281-550-2685) or the CFISD Partners in Education Office (Pamela.scott@cfisd.net or 281-894-3950).

Cy-Fair ISD & Volunteers in Public Schools (VIPS):

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January / February 2009 Upcoming Events

1/7 - CFISD VIPS Pie Mentor Training

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 12 p.m.

Training for individuals committed to serve as a role model and friend to CFISD students. Register with the CFISD PIE office at vipsrsvp@cfisd.net and include the date and name of this training, your name and phone number.

1/13 - CFISD VIPS Sooper Puppy Training

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 12 p.m.

Training for individuals interested in presenting the Sooper Puppy series to first graders about dealing with life lessons, facing dilemmas

and arriving at solutions by making good choices. Register with the CFISD PIE office at vipsrsvp@cfisd.net and include the date and name of this training, your name and phone number.

1/15 - CFISD VIPS General Meeting

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 12 p.m.

Open to all CFISD school staff, volunteers, parents and community members. Get the latest information on what is happening in CFISD and enjoy the opportunity to network with fellow volunteers

1/21 - CFISD VIPS Pie Mentor Training

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 6:00 p.m. – 8 p.m.

Training for individuals committed to serve as a role model and friend to CFISD students. Register with the CFISD PIE office at vipsrsvp@cfisd.net and include the date and name of this training, your name and phone number.

1/27 - CFISD JA VIPS Training

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 12 p.m.

Training for individuals interested in facilitating the Junior Achievement program for all grade levels about educating and inspiring young people to value free enterprise, understand business and economics and be workforce ready. Register with the CFISD PIE office at vipsrsvp@cfisd.net and include the date and name of this training, your name and phone number.

1/29 - VIPS Multicultural Meeting

Richard E. Berry Educational Support Center, 8877 Barker Cypress, 9:30 a.m. – 12 p.m.

Open to all CFISD school staff, volunteers, parents and community members. The purpose of the CFISD Multicultural Committee is to raise the level of cultural understanding and respect by sharing information with the CFISD community to encourage cultural sensitivity and parental involvement to strengthen student success. Register with the CFISD PIE office at vipsrsvp@cfisd.net and include the date and name of this meeting, your name and phone number.

(Continued on Page 12)



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Volunteers - (Continued from Page 10)

2/10 - CFISD VIPS Galveston Bay Training

Richard E. Berry Educational Support Center, 8877 Barker Cypress,
9:30 a.m. – 11:30 a.m.

Open to all CFISD school staff, volunteers, and parents. Learn how to present a TEKS based science lesson to 4th. grade students at your school. Students will learn about the importance of our bay and waterways and what measures can be taken to protect this life-giving estuary. Register with the CFISD PIE office at vipsrsvp@cfisd.net and include the date and name of this training, your name and phone number.

2/19 - CFISD VIPS General Meeting

Richard E. Berry Educational Support Center, 8877 Barker Cypress,
9:30 a.m. – 12 p.m.

Open to all CFISD school staff, volunteers, parents and community members. Get the latest information on what is happening in CFISD and enjoy the opportunity to network with fellow volunteers and share best practices. No RSVP is needed for this meeting.

If you are interested in becoming part of the winning combination at Cy-Fair schools as a volunteer, and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

More HELP for PETS ...

When a pet is lost, finding the pet means that time is of the essence. It takes time to create, print and distribute flyers. The flyers are many times illegible because of wind or rain. I certainly do not fault the pet owner because I have done this myself.

Frustrated, I thought there has to be a better way. So that is why we created Cypress Lost Pet Alert.com. The idea is to very quickly get the word out through an e-mail alert to as many neighbors as possible plus post the picture and information about the pet on the website under the specific neighborhood.

Once the email alert goes out to the specific neighborhood, many, many neighbors are now aware. If they happen to forward the email to their friends who have not signed up, it could mean hundreds of your neighbors are already alerted and are keeping their eyes open for your lost pet.

Cypress Lost Pet Alert.com is on-call 7 days a week from sun up to sun down and is FREE. We are glad to work with any informal email chains. The whole idea is to find lost pets quick for the good neighbors in Fairfield and surrounding areas.

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

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

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

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

Aerobic activity can be fun

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

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

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

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

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

Plenty of good exercise all around the house

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

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

Is one time better than another to exercise?

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

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

Make time to stay healthy

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



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Lakes on Eldridge North

529 College Savings Plans Make Sense

Submitted by Rich Keith

With college savings plans, students of all ages can save for all college costs, including tuition, fees, room, board, textbooks and computers. It's not just for kids: If you are considering going back to college or graduate school, you can open a college savings plan for yourself. You will save on taxes, and if you end up not going to school, you can always transfer the money, tax-free, to another 529 plan for your children or spouse.

Withdrawals from college savings plans can be used at most colleges and universities throughout the country, including graduate schools. Some foreign education institutions also may be eligible. Many states now offer at least one college savings plan that has no residency restrictions. You can live in Ohio, contribute to a plan in Maine, and send your child to college in California. However, if your state offers state tax advantages to residents who participate in the local plan, you'll miss out if you opt for another state's 529 plan.

College savings plans typically cover all "qualified education expenses" at eligible colleges, universities and other post-secondary institutions, including tuition, fees, books and supplies, equipment, room and board.

When you invest in a college savings plan, you pay money into an investment account on behalf of a designated beneficiary. Contributions can vary and are only limited by the maximum and minimum contributions limits set by most plans. Although the maximum contribution amount differs from state to state, in the majority of states offering college savings plans, the maximum amount that you can contribute for one beneficiary exceeds \$200,000. To further increase the amount of contributions you can make, you can open a second college savings plan in another state.

Most states also offer very flexible minimum contribution limits. Many require a \$250 initial contribution with subsequent contributions of as little as \$50. Typically, each plan gives you a number of investment options that allow you to invest in various

529 PLAN

mutual fund portfolios. Some college savings plans offer age-based mutual fund portfolios. When the child is younger, the portfolio typically invests mostly in stock funds, which carry a higher risk, but higher return potential. As your child grows older, the asset allocation becomes increasingly conservative as it gradually shifts to bond funds and other fixed-income funds.

Many states also offer non-age-based investment options, allowing you to select portfolios with conservative, moderate and aggressive asset allocations. The IRS allows you to change your investment options once every calendar year in a college savings plan.

Investing in college savings plans does come with some risk. Unlike prepaid tuition plans, they don't lock in tuition prices. Nor does the state back or guarantee the investments. There also is the risk with most college savings plan investment options that you may lose money or your investment may not grow enough to pay for college.

Fees, charges and expenses. All 529 plans have fees and expenses. Not only do these charges vary among 529 plans, but also they can vary within a single 529 plan. It is very important to take fees and expenses into account when selecting a college savings plan. Slightly larger fees and expenses can make a big difference in the value of your investment over time. Let's say you invest \$10,000 in a college savings plan with a return of 8% before expenses. With a plan that had annual administration and operating expenses of 3.03%, after 18 years, you would end up with only \$22,966.81. If the college savings plan had expenses of 0.65%, you would end up with \$35,534—a 35% difference!

Before buying a 529 plan, you should find out about the particular plan you are considering, and be sure you understand the plan's description of fees and expenses. Work with your financial professional to help you make the right choices.



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US Olympian to Speak at Northwest Flyers Registration Breakfast on February 7, 2009

The Northwest Flyers Track Club will host its annual free information / registration breakfast on February 7, 2009 for all boys and girls and their parents interested in joining for the 2009 season. The breakfast starts at 8:30AM at the Cypress Creek Christian Community Center Forum located at 6823 Cypresswood Dr., Spring, TX, 77379.

The breakfast is the annual opportunity for youth athletes to register for the 2009 summer track season, and to meet the Northwest Flyers coaches and staff, and other new and returning athletes. The event will be highlighted by a special presentation from a member of the USA Track & Field Olympic team.

The Northwest Flyers Track Club is a youth (age 6 -18) track organization, affiliated with USA Track & Field (USATF), that provides a full program of sanctioned "track" events such as sprints, hurdles, middle distance, distance,

relays and sanctioned "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. The Northwest Flyers has approximately 195 members, boys and girls. The club was founded 21 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area.

The Northwest Flyers is a member of the "Win with Integrity" program, a partnership between USATF and the American College of Sports Medicine. "Win with Integrity" brings elite track & field athletes and school-aged kids together to promote healthy lifestyles, keeping active, and living with integrity through the sport of track & field.

For additional information on The Northwest Flyers Track Club, please visit the team website at <http://www.northwestflyers.org> or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.

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. Croc on!

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Lakes on Eldridge North



Meet Kendrell and Jonathan

DOB: October 1993 & October 1997

Kendrell and Jonathan want to find a forever family. They have a close bond; Jonathan looks up to his sister and Kendrell is very nurturing to her brother. They enjoy each other's company and play well together and other children. Kendrell and Jonathan do well in school and excel in sports. They are both wonderful children who appear shy or quiet when you first meet them, but both can also be strong-willed and determined.

Kendrell is outgoing, cheerful and makes friends easily. She enjoys running and doing typical "girl" things. She is engaging and talkative. Kendrell may present as a tough girl, but her foster parents report that underneath her tough exterior, Kendrell has a big and generous heart.

Jonathan is a happy, easy-going child. He is active and enjoys sports and drawing. He is smart and can watch someone doing something and it will only take him a few tries to be able to do it himself.

These children very much want to be adopted together and would contribute significantly to the happiness of a family. Jonathan would benefit from a positive male role model that will spend time doing mutually enjoyable activities. Kendrell would thrive in a home that allows her to be a teenager while guiding her in becoming a mature young woman.

If you would like more information on becoming an adoptive parent, please contact the Adoption Coalition of Texas at 512-301-2825 or info@adopttexas.org. For more information about Kendrell and Jonathan, please contact: Grace Lindgren, LMSW, Adoption Coalition of Texas/Wendy's Wonderful Kids Recruiter, Gracelindgren@adopttexas.org, 512-687-3209.

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Advertising Information

Please support the businesses that advertise in the Lakes on Eldridge North Newsletter. Their advertising dollars make it possible for all Lakes on Eldridge North residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our Sales Office at 888-687-6444 or e-mail advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

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A black and white photograph of Michael Banh, a man in a white shirt and dark trousers, standing in front of a brick house. He is holding a large sign that says "SOLD" and "WE CAN SELL YOURS". To his left is a real estate 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 large arched window, and a dark door. A sidewalk leads to the door, and there are some bushes in the yard.

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Lakes on Eldridge North

Lone Star College-CyFair Perspective

It's Not Too Late to Register for Spring Semester Classes

Spring semester classes begin Jan. 12. It's not too late to register for spring as well as some late start and continuing education courses. Lone Star College-CyFair provides a variety of options such as weekend, evening, distance learning and even hybrid (part on campus instruction and part online learning) courses. For information, call 281-290-3200 or 832-782-5000 or go online to CyFair.LoneStar.edu.

Center for the Arts Season Tickets on Sale

Order your seats for the 2009 Season of Entertainment at Lone Star College-CyFair and not only save 25% off regular ticket prices, but receive one free ticket to the 2009 summer children's production. A variety of season ticket packages are available for this year's engaging and enjoyable choral, music and theatre line up. All performances are held in the Center for the Arts on the Barker Cypress campus at 9191 Barker Cypress. Call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice for information.

Deadline Jan. 26 to Submit a Film for Quack Attack Competition

Do you have what it takes to make a movie? Five-minute film submissions will be accepted monthly through Jan. 26, with the Quack Attack Film Festival set for Feb. 27. Competition categories

include: Drama, Comedy, Public Service Announcements, Action, Documentary, Commercial/Advertising, Horror, Science Fiction, Romance, Animation, News Packages and Music Video. Each film will be judged on the basis of: Creativeness, Sound, Cinematography and Special Effects. For competition rules, guidelines, entry form and information go to cyfair.lonestar.edu/video.

Try Tai Chi in the New Year

Lone Star College-CyFair offers a variety of continuing education courses, such as Tai Chi. This introductory course offers practice in the simplified styles and forms of Tai Chi. A person doing tai chi moves his or her body slowly and gently, while breathing deeply. The 24-point posture is emphasized in this course. Students also study history and basic terms along with philosophical and physiological principles and the movements of Tai Chi. Registration is under way. For information, go to CyFair.LoneStar.edu/ce.

L.I.F.E. Lessons in January

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.) Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.



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American Legion Post #324

Looking for new members!

If you are a Veteran of the U.S. Army, U.S. Navy, U.S. Air Force, U.S. Marines, U.S. Coast Guard, or Merchant Marines you may be eligible to join.

American Legion Post 324 of Jersey Village meets the second Sunday of each month (except May when it's the third Sunday) at the Jersey Village Civic Center at 4:00 p.m.

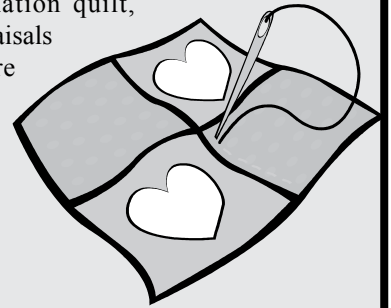
Please come to the meeting or contact the Post by mail at P.O. Box 41962, Houston TX 77241 or call Commander Howard Mead at 713-466-3610.



Threads of Time Quilt Show

Submitted by Susan McClendon

West Houston Quilter's Guild's bi-annual quilt show will be held February 20-21 at the Leonard E Merrell facility in Katy, Texas. Hours: Fri. 9-5 Sat. 9-4 There will be over 200 quilts, vendors, donation quilt, guild boutique, quilt appraisals by appointment. For more information: www.whqg.org or 281-373-0072.



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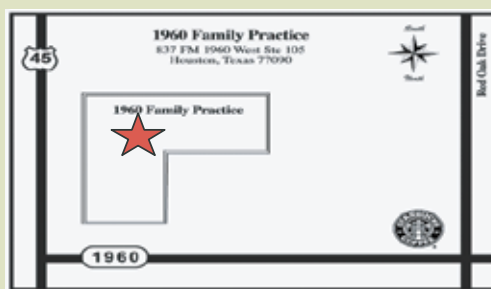
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Lakes on Eldridge North

Okay, I'm Ready to Change, Made My Resolutions....What's Next??

Submitted by Allison Weaver

We all need a hand in designing our grand plan...what will do the trick for us? First, start SMART..

Set goals that are smart. Write them down, post them in several prominent places in your home, car, and office. Research shows that people who take the time to write down goals are much more likely to achieve them. Count on 1 to 2 pounds per week, depending on your current health situation. (Losing 45 pounds in one month is not healthy, unless you have recently given birth and are breastfeeding twins!)

Measurable: Make sure to be specific. Vagueness will have a less than desirable effect. If you want to lose 30 lbs, then set that limit to lose the above 1-2 lbs per week; if it is to get more exercise, then be specific: "I will get up 15 minutes early to walk, jog, run, do push-ups, sit-ups, etc." then after 2 weeks, add another 15 minutes to your routine. (Life does happen, and you can always change your goals later once you get into a routine.)

Attainable: Count on 1 to 2 pounds per week, depending on your current health situation. (Losing 45 pounds in one month is not healthy, unless you have recently given birth and are breastfeeding twins! Losing a lot of weight quickly can lead to rapid weight gain as well, and it can take a toll on your heart and other internal organs.) If getting more exercise for energy is your goal, "split training" is a great way to get those energizing exercise minutes into your day. AND it can help with energy "slumps" during the day. Throw in 10 to 15 minutes throughout your day of walking, jumping, stair climbing, squats, lunges, etc. Getting creative with your surroundings will help as well; bringing resistance bands to the job is easy. Anchor them to the foot of your chair and voila! Instant gym!

Reasonable: Here is where planning is key. If you have a full time job, 4 children with all different schedules, then you will need a

plan of action. Especially in the first 6 weeks, set up a plan that you know you can follow; making small changes a little at a time. (For example: switch to organic fruit and veggies for a snack along with some all natural peanut butter for 2 weeks, then make another change, such as getting up 15 mins early to do jumping jacks or walking) Keep adding incrementally, and in no time at all you will have completely transformed out of bad habits and into good ones! That is an incredible way to begin a new year!

Time sensitive: Have a beginning and ending date. When will you begin? When will you end? If you have slip-ups, just pick yourself up and go from there; it may give you even more determination than before! If your ending date comes and you are not where you want to be, or even if you are; set a new goal, rearrange your thinking, shift a paradigm or two, and begin again. It's not about perfection, it's all about being the best you can be!

Helpful hints to help achieve your goals:

Start by getting some accountability....engage a friend, child, spouse (this one is really tricky though) or just anyone you know will hold your feet to the fire, and be honest in their tact.

Go to a local gym for an orientation on machines and weights; this can be much less expensive than hiring a trainer for a number of sessions...

Or, if you would like someone to get you started on the right track; hire a personal trainer for a 3 months; you will gain valuable information from someone who has "been there, done that" with so many people.

Set your schedule to revolve around exercise first; and it will become a habit. Once it is a habit, you are golden!! If you get off schedule, do all you can to get back on as soon as possible.

(Continued on Page 25)



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Lakes on Eldridge North

Okay, I'm ready - (Continued from Page 24)

Find some local exercise classes; pilates, kickbox, there are even several walking, running, and biking clubs around.

Remember the analogy of putting the big rocks in place first: Nutrition and Exercise are "big rocks" in your life, and deserve top spots on your priority list. If you lose your health, you have lost the game. All other things can come and go, but health must remain it's best.

A healthy lifestyle will help you to handle any curve ball life may throw out. Losing money in the market? Don't know how to help your children? Big decisions to make? Take a walk, jog, bike, or run to stir up those positively charged endorphins. Borrow your child's jump rope and jump yourself to sanity, help you clear your mind, and focus on what's important.

You can do it!!! Just GO FOR IT!!!

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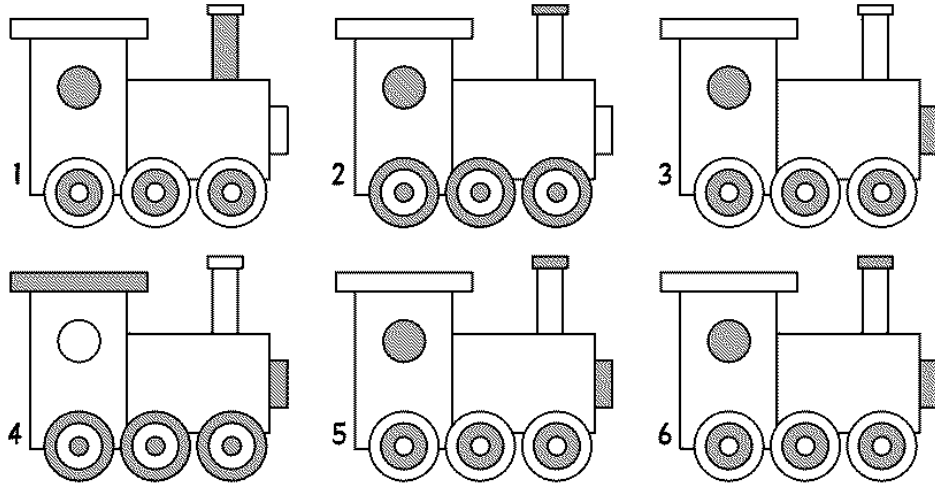


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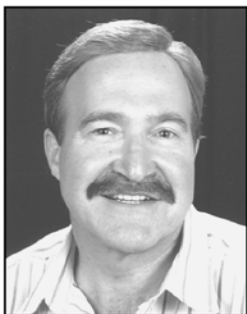
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