



LAKES

ON ELDRIDGE

Volume 8, Issue 2
February 2009

Official Newsletter
www.lakesoneldridge.net

Beach Club Gets A Facelift



In December, our Beach Club was fitted with new carpet, and gave a fresh look for the New Year. We hope all residents who use the Beach Club will make a special effort to keep the carpet clean at all times – instructions for cleaning spills have been prominently displayed in the kitchen. Enjoy!



TRAFFIC SAFETY SURVEY

The Board thanks the many homeowners who responded to the traffic safety survey seeking input on improving safety in the community. The results were scheduled for discussion at the January Board meeting, and will be published on the community website and in the forthcoming newsletter.

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Waterfowl, Betty Burkett	713-302-9929
Sheriff - (non-emergency).....	713-221-6000
Cy-Fair Fire Department - (emergency)	281-466-6161
(non-emergency)	281-550-6663
Poison Control	1-800-764-7661
Texas DPS	713-681-1761
Waste Management.....	713-695-4055
(trash collection Mondays & Thursdays)	
Aqua Source.....	713-983-3602
(Service or emergencies 24hrs).....	713-983-3604
Harris County Tax Office.....	713-224-1919
Reliant Energy.....	713-207-7777
(give pole # of street which is out)	
Entex (gas)	713-659-2111
Time Warner Cable	713-462-9000
Houston Chronicle	713-220-7211
Metro Transit Info	713-635-4000
Kirk Elementary.....	713-849-8250
Truitt Middle School.....	281-856-1100
Cy-Falls High School.....	281-856-1000
Cy-Ridge High School.....	281-807-8000
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Peel, Inc.....	advertising@PEELinc.com, 888-687-6444

LOE Board Of Directors

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

Bronson Clay	President
Carlton Thorpe	Vice President
Clive Gardner.....	Secretary
Cory Hammond.....	Treasurer
Heather Von Sternberg	At large

Visit the Association Website:
www.lakesoneldridge.net

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Mark Your Calendars Lakes on Eldridge Dolphins Swim Team Registration is Coming Soon

The LOE Dolphins Swim Team is gearing up for another exciting swim season and it's time to get ready. Online registration on our website www.loedolphins.org begins March 1st and will last until March 15th.

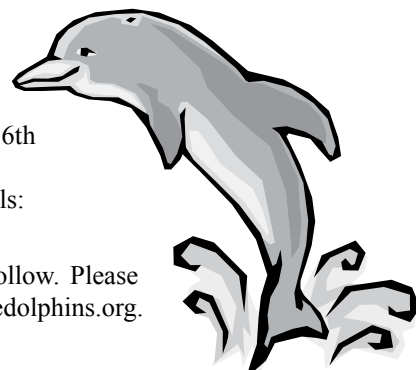
No previous swim team experience is necessary, and swimmers from age 4 to 18 are welcome to join. The only requirement is that the swimmer must be able to swim from one end of the pool to the other (25 yards) without assistance (brief stops at the wall or on the lane ropes along the way are OK).

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

Reserve the dates below for the 2009 Season!

First dual Meet: May 16th
 Divisionals: June 29th
 Post Season Invitationals:
 June 26-28th

The season schedule will follow. Please visit our website at www.loedolphins.org for up to date information.



The 2009 LOE Swim Team Board Members are:

Team Rep/President: Rosa Clay
 Team Rep/Elect/Volunteers: Kindra Rokhsaz
 Vice President/Sponsorship: Todd Thoman
 Secretary/Hospitality: Open - *if interested contact Rosa Clay at rosaclay@sbcglobal.net*
 Treasurer: Scott Sanders
 Member At-Large/Registration: Marcy Know
 Member At-Large/Computers: Laura Vassallo-Lee

SUGGESTION BOX

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

REAL ESTATE WITH RESULTS

REASONS TO CALL ANN KNOCHE...

41

- 1 #1 Listing Agent in the Lakes on Eldridge Communities 2008
- 2 Awarded overall Memorial Office Top Producer for the past 3 years
- 3 Assisting buyers and sellers in the Lakes on Eldridge for over 11 years
- 4  Accredited ASP Staging Professional
- 5 Heritage Texas Properties is the Leading Broker in Lakes on Eldridge
- 6 Heritage Texas Properties closed more transactions than any other independently owned real estate company in Houston for 2006 & 2007 (HBJ 6/22-6/28 issue)
- 7 12303 Seagrove Ct.
- 8 5811 Santa Fe Springs
- 9 12419 Aliso Bend
- 10 12407 Calico Falls
- 11 12458 Lago Bend
- 12 11915 Arroyo Verde
- 13 12431 Summerland Ridge
- 14 6106 Durango Bay
- 15 5714 Santa Fe Springs
- 16 5503 Island Breeze
- 17 12547 Cherry Creek Bend
- 18 5506 Island Breeze
- 19 5711 Sapphire Vista
- 20 12022 Laguna Terrace
- 21 12306 Seagrove Ct.
- 22 12518 Still Harbour
- 23 12019 Isle Vista
- 24 12410 Calico Falls
- 25 13202 Shermons Pond
- 26 5718 Monterrey Springs
- 27 12503 Whispering Sands
- 28 12503 Lago Royale
- 29 5318 Indian Shores
- 30 12111 Arcadia Bend
- 31 6511 Canyon Cliff
- 32 5706 Monterrey Springs
- 33 12150 Cielio Bay
- 34 12115 Laguna Terrace
- 35 5606 Heather Run
- 36 13118 Shermons Pond
- 37 5507 Cardinal Bay
- 38 12107 Sonora Canyon
- 39 12010 Concho Bay Ct.
- 40 12507 Still Harbour
- 41 12910 Coral Crest



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Lakes on Eldridge

Are You Over Sprinkling?

During these colder winter months, your sprinkler system is not needed to operate at anything like the frequency used in summer months. This is the time to check the settings on your system to reduce watering times accordingly. Our MUD district has notified us that water usage in Lakes on Eldridge is unusually high for the area, and "over sprinkling" is a major contributor to this. Please help the situation by taking a moment to adjust your system – it only takes a minute, and the savings will be significant. Thank you.

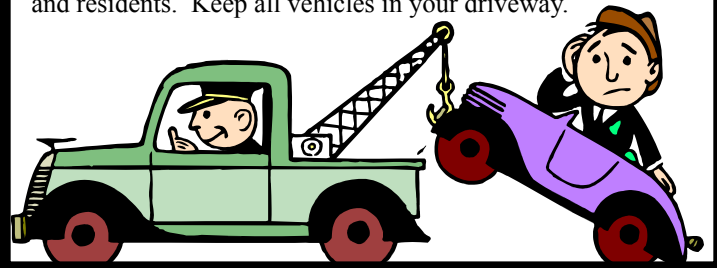
PARKING ON THE STREET

Recently there have been several complaints about homeowners parking on the street impeding traffic and creating potentially hazardous conditions. The LOE Association rules state that no vehicles should be parked on the street except for very short periods. More specifically, no vehicle shall be parked at any time so as to:

- A) Inhibit the free flow of traffic, including emergency vehicles.
- B) Create a safety hazard.
- C) Block access to driveways, fire hydrants, mailboxes, etc.
- D) Block a clear view of any intersection.
- E) Be parked directly across the street from a driveway.

Vehicles that create any of the safety issues described above can be towed at the owner's expense without prior notice. The homeowner can also be fined and/or legal action can be brought.

Please respect your neighbors and the safety of our community and residents. Keep all vehicles in your driveway.



LANDSCAPE PLAN FOR 2009

The LOE Landscape committee recently met to review 2008 accomplishments and plan for 2009. The major achievements in 2008 include:

- Irrigation Changes – watering times and duration; this yielded significant water savings
- Installation of perennials instead of annuals
- Installation of new beds – Tanner Road, LOE Blvd, Clubhouse
- No rye grass installation to improve future quality of St. Augustine
- Installation of holly bushes along brick walls
- Insect eradication especially ants

The committee felt we had made excellent progress in the past year.

Our priority in 2009 will be the health of the grass and trees. We are exploring using more natural products to improve the health of our soil which in turn will improve the look and health of our landscaping. We anticipate using a liquid compost/fertilization mixture. We will also be supplementing bare areas with Bermuda grass seed. The trees along the major roads will also be pruned to improve the health of the trees and allow more sunlight to reach the ground, again improving the appearance of the grassy areas.

The committee agreed we need to mulch the holly bushes and trees on the property. Earlier this year we began to reuse the pine needles naturally dropped as mulch around the trees. This practice provides the trees with needed nutrients. The committee agreed to continue this practice.

The committee also agreed that we would like to revise the bed facing the main lake when you enter the subdivision. This bed is particularly challenging because of its shape and the requirement that we maintain an excellent view of the clubhouse and lake. Any homeowners with expertise in flower bed creation are invited to share in this design project. Please post your suggestions to our website at www.lakesoneldridge.com.

The Best Dreams Happen... With Your Eyes Wide Open



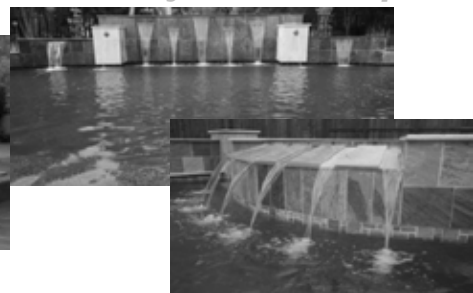
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*Houston Business Journal Week of June 20-26, 2008
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LOE BOOK CLUB

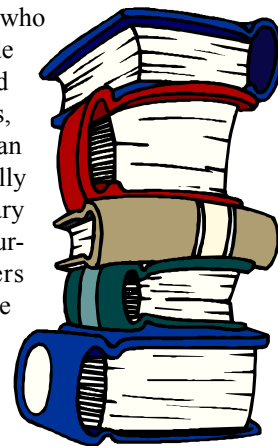
Book Club usually meets on the 4th Monday of each month at 7:30 p.m. Join us for a little wine or coffee, some snacks and stimulating discussion. We will again be meeting in various members' homes, so call or e-mail Celeste Fritz, 713-896-6942, cfritztx@comcast.net for additional information.

February 23rd: The Lace Reader by Brunonia Barry. Can you read your future in a piece of lace? All of the Whitney women can. But the last time Towner read, it killed her sister and nearly robbed Towner of her own sanity. Vowing never to read lace again, her resolve is tested when faced with the mysterious, unsolvable disappearance of her beloved Great Aunt Eva, Salem's original Lace Reader. Told from opposing and often unreliable perspectives, the story engages the reader's own beliefs. Should we listen to Towner, who may be losing her mind for the second time? Or should we believe John Rafferty, a no nonsense New York detective, who ran away from the city to a simpler place only to find himself inextricably involved in a psychic tug of war with all three generations of Whitney women? Does either have the whole story? Or does the truth lie somewhere in the swirling pattern of the lace?

March 23rd: East of Eden by John Steinbeck. We decided that it was time for a classic. Nearly forty years after his death, Nobel Prize winner John Steinbeck remains one of America's greatest writers and cultural figures. This sprawling and often brutal novel,

set in the rich farmlands of California's Salinas Valley, follows the intertwined destinies of two families – the Trasks and the Hamiltons – whose generations helplessly reenact the fall of Adam and Eve and the poisonous rivalry of Cain and Abel.

April 27th: The Guernsey Literary and Potato Peel Society by Mary Ann Shaffer and Annie Barrows. January 1946: London is emerging from the shadow of the Second World War, and writer Juliet Ashton is looking for her next book subject. Who could imagine that she would find it in a letter from a man she's never met, a native of the island of Guernsey, who has come across her name written inside a book by Charles Lamb. As Juliet and her new correspondent exchange letters, Juliet is drawn into the world of this man and his friends – and what a wonderfully eccentric world it is. The Guernsey Literary and Potato Peel Society – born as a spur-of-the-moment alibi when its members were discovered breaking curfew by the Germans occupying their island – boasts a charming, funny, deeply human cast of characters, from pig farmers to phrenologists, literature lovers all.



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LOE BIBLE STUDY

The Bible study group gathers at 9:15 am on Tuesdays for coffee and fellowship. The discussion lesson begins around 9:30 and ends at 11:30. On the first Tuesday of each month we go out to lunch. Send your name address and telephone number to sableggett@sbcglobal.net to register. If you don't use email, call Stephanie at 713-560-0042. Hope to see you there!

MOTHERWISE

The MotherWise group meets every other Monday at the Beach Club beginning at 7:00 pm. The meetings begin with prayer and the presentation of the study segment, followed by small group prayer time for those who wish to participate, and concludes with social time and refreshments. The MotherWise meetings are a wonderful way to meet other mothers in our neighborhood, gain some spiritual enrichment, and support one another in prayer.

The leaders of the MotherWise group are Kathy Prusak (713-937-7707) and Elizabeth Tobin (832-467-1369). Please feel free to contact us for further information about MotherWise and the 2009 schedule. We hope to see you at the Beach Club!

Stitch & Chat

HELPING YOU GET STARTED

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

For more information contact Catherine Spellings at 713-896-1652 (home) or 713-628-7083 (cell) or CTSpellings@aol.com or Tina Wang at 713-574-1654 or Yangwang20022003@yahoo.com.

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Lakes on Eldridge

What's at Stake? *The Health of Your Trees*



Most of us have trees in our front yards that were provided by our home builders. Did you know that the stakes supporting these trees need to be removed within the first year? This is because stakes provide artificial support that replaces a supportive trunk and root system.

Movement of the trunk helps strengthen the tree by thickening it and giving it taper from bottom to top. Trunk movement also stimulates root growth. The artificial support from the stakes leaves tree trunks weak and their root systems less developed.

Bottom line - all staking material needs to be removed after roots have established. This can be as early as a few months, but should be no longer than one growing season.

ATTENTION! ATTENTION! BUNCO JUNKIES!

This year we are playing "Bunco" from 12 noon until 2 pm once a month on the 1st Thursday of each month at the LOE Beach Clubhouse.

We need twelve players each month to have these tables. The first 12 people to sign up will make up our core group. We will need substitutes for those people who will not be able to play each month.

Contact Catherine Spellings at 713-896-1652 or 713-628-7083 or CTSpellings@aol.com for more information.

Social Committee Brown Bag Lunch

All interested residents are invited to join us at 12 pm on the 1st Wednesday of each month in the clubhouse to discuss upcoming social events. Just bring your lunch, drink of your choice and meet some of your fun loving neighbors. For more information contact Deborah Dunaway at 713-983-9651.



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Cypress Creek High School Celebrates Spring Cougar Day

The Cypress Creek High School Athletic Booster Club will be having its annual spring fundraiser, Cougar Day, on Saturday February 7th, 2009 from 12:00 p.m. to 5:00 p.m. The community is invited to participate in the day's festivities, which will take place at the Cypress Creek High School football stadium complex, 9815 Grant Road, Houston. Featured activities are: Baked Potato Meal Sale, Silent Auction, Concession Stand, Face Painting, Cake Walk and Cougar Spirit Items sale. The day will also showcase the spring season boys' and girls' sports: Baseball, Soccer, Softball, Track and Field, Swimming, Golf, Wrestling and Tennis. Several of the teams will have scrimmages or do demonstrations. All funds raised will go directly to support Cypress Creek's boys and girls athletic programs. For further information, please visit the Cypress Creek Athletic Booster Club website at www.cycreekabc.com or contact Jeneane Schultz at 832-444-7607.

PLEASE LET US KNOW!

If you know of a LOE resident who has had any outstanding awards, milestones or accomplishments, please let us know at news@lakesoneldridge.net so they may be recognized in the newsletter.

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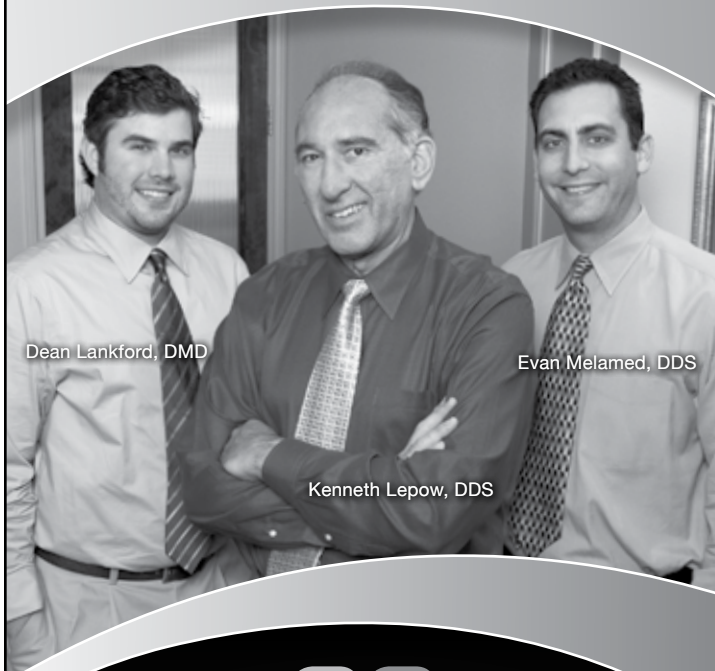
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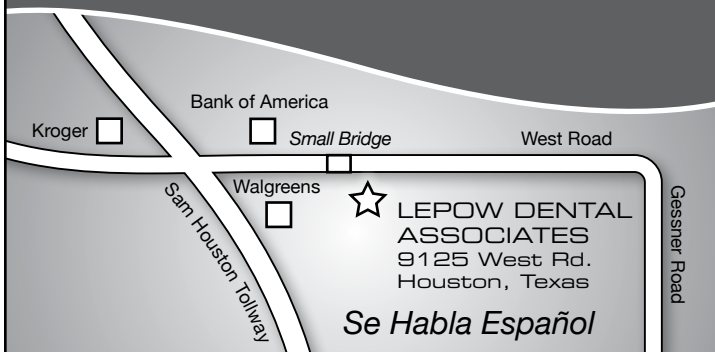
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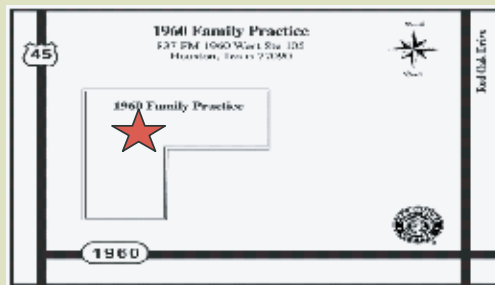
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Long Term Care: Manage the Costs

Submitted by Rich Keith

Yearly long term care costs have increased 15% since 2004 to nearly \$75,000 in 2007. And 75% of Americans have no long term care plans.

A recent survey from Genworth Financial's 2007 Cost of Care Survey found the average national cost of care for nursing homes, assisted living facilities and in the home has steadily increased over the past four years and has reached new highs that exceed most household incomes in the U.S. The rising costs of long term care may, therefore, present difficulties for many Americans should they need to pay for long term care out of their own pockets.

A separate national poll conducted by Public Opinion Strategies for Genworth Financial with input from the Alzheimer's Association found that 75 percent of Americans have made no long term care plans and 59 percent expressed concern about being able to pay for long term care. Almost half of the respondents (44 percent) incorrectly believe that Medicare or their private health insurance will pay for their long term care needs. In actuality, health insurance and the federal Medicare program do not generally cover long term care.

Genworth's annual benchmark study surveyed more than 11,000 nursing homes, assisted living facilities and home care providers. It was conducted by CareScout between January and February 2007 to gain a comprehensive view of long term care expenses. The survey is available at www.genworth.com.

According to the survey, the average national cost in 2007 of a single year in a private nursing home room is \$74,806. To put this into context, one year in a private nursing home room costs nearly one and a half times the average full 4-year college degree in the U.S., including tuition, room and board. Note the College Board's



national average for public colleges is \$51,184 for four years, making a single year in a nursing home 46 percent more expensive.

The cost of assisted living facilities has also increased sharply in the last four years, by more than 13 percent, to a new annual average cost of \$32,573 for a one-bedroom unit.

If given the choice between care in a facility such as a nursing home or an assisted living facility and care at home, 75% of national poll respondents said they would prefer care at home. However, the hourly rate for a home health aide has increased 2.7 percent since Genworth's 2004 Cost of Care Survey. The average cost for a 40-hour per week home health aide – \$52,977 a year – is more than the median household income in the U.S. of \$46,272.

The Alzheimer's Association recently reported that the prevalence of Alzheimer's disease has increased 10 percent in the last five years and that someone in America develops Alzheimer's every 72 seconds. Seventy-two percent of poll respondents said that the possibility of developing Alzheimer's disease makes planning for their long term care more important to them. Following are key findings from the survey, broken out by major category.

Nursing Homes: The average annual national cost of a private room in a nursing home is \$74,806 or \$204 per day, reflecting a 14.8 percent increase over 2004 rates. This remains the most costly care option.

Assisted Living: A private one-bedroom unit in an assisted living facility has an average annual cost of \$32,573, a 13 percent increase since 2004.

Home Care: The average hourly rate for Medicare/Medicaid certified and state licensed home health aides is \$25.47 an hour, a

(Continued on Page 13)

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Long Term Care - (Continued from page 12)

cost that translates to a \$52,977 per year for 40 hours per week.

With so many Baby Boomers heading into retirement, it's critical that long term care planning be integrated into every adult's retirement strategy. Paying for just a few years of long term care out of pocket can very easily deplete an entire life's savings and retirement. Not planning ahead can also limit the variety of choices available, such as the ability to live independently at home with assistance from a home health aide. Source: Genworth Financial, Inc.

Article Submissions

If you would like to submit an article or any information for the Lakes on Eldridge Newsletter you may do so by sending the information to news@lakesoneldridge.net. This information should include your name. All information should be received no later than the 10th of the month and is subject to editorial approval as well as space limitations.

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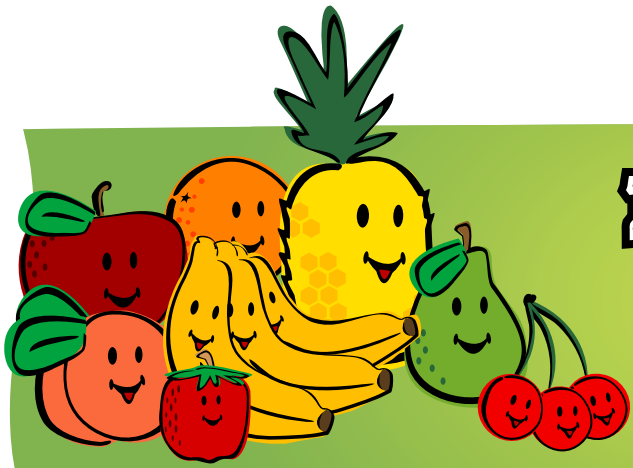
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Attention Aggie Moms- The “Countdown” has begun!

You are cordially invited to join the members of the **Northwest Harris County Aggie Moms Club** on **Tuesday, February 10th at 7:00 p.m.** for our monthly meeting.

Come be enchanted as you listen to **Brian Blake**, Director of the George Bush Museum, describe the new space exhibit, ***Beyond the Moon: NASA's Continuing Mission*** that has “launched” in College Station! Additionally, he will talk about the re-modeling of the museum that has just been completed and bring us up to date on the unique events planned in the near future.

We will “blast off” for food, fun, and fellowship 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.

Don't miss out on this fun evening- it will be “out of this world”!!!

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CLAY ROAD'S AR TOP READERS



Clay Road Baptist School is pleased to announce its AR Top Readers in Middle School (Grades 6-8) for the Fall '08 semester. Accelerated Reader (AR) is a computer software program that helps teachers manage and monitor students' reading. Students choose a book at their level and read it at their own pace. When finished, the student takes a short quiz on the computer. The following readers earned 20 points or more last semester;

*Corrie Andrews
Ashton Binkley
Hannah Cochran
Christian Dixon
Yvonne Espinoza
Andrew Harding*

*Katherine Hulbert
Daniel Mueller
Jeremy Nguyen
Lauren Nugent
Jared Pereira
Beau Powell*

*Rebecca Royall
Jeffrey Schultz
Randal Schultz
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Anderson Touns
Phoebe Touns*

*Austin Ulmer
Kristen Walker
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Not Pictured:
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Virus and Spyware and Mail... Oh My!

Submitted by Laurie Scott

Here we are in 2009, and the days of thinking that our anti-virus and anti-spyware software will protect us is over. We live in a time when organized crime all over the world is trying to either get your personal information directly or turning your computer into a "zombie" that without your knowledge attacks other computers or sends out spam. Even Apple computer has posted (rather quietly) a recommendation that Mac users consider using anti-virus software.

The generic term for viruses, spyware, etc. is malware, and malware authors are getting more and more creative in getting their hands into your computer. A particularly nasty approach being used is to trick you by popping up a window that says your computer is being scanned for viruses, and that upwards of 40 have been found. It instructs you to click on a button to download their "anti-virus" software to clean your system. When you click on that button, you've just allow the spyware onto your system. It is a very convincing window and looks legitimate. Once downloaded, it adds insult to injury by telling you need to purchase the software to actually remove the viruses. Of course, it doesn't remove any spyware or virus, and getting you to send them money is just icing on their cake. The most common names for this program is WinAntiVirus 2008 (and now a 2009 version) and Pro AntiSpyware.



The problem with these and many other malware programs is that they are increasingly difficult for your anti-virus and anti-spyware program to detect and almost impossible to completely remove. Many threats appear before the anti-virus companies even have a chance to update their software, leaving you completely unprotected.

So how can you keep your computer safe from such threats? The first thing you must do is be sure to keep your anti-virus up to date. If your subscription has expired, you should either renew it or else use one of the free anti-virus programs like AVG Free or Avast (they have paid versions but you don't need them). Microsoft's anti-spyware program "Defender" is included with Vista and can be downloaded free from Microsoft for Windows XP. Though the threat for Macs is low, programs like ClamXav and MacScan are available, as are programs from Symantec and McAfee.

Next is keep your operating system up to date. Both Microsoft and Apple frequently issue updates, and it's very important you patch your computer before the bad guys worm their way in.

Finally and most important is your behavior when using your computer. You can own a Volvo or Mercedes with 12 airbags and 5-way seat belts, but if your behavior is to drive 120 miles an hour, those safety features aren't going to help you when you hit a solid wall. Likewise, when you're using your computer, don't click on links or open attachments in email, even if it's from someone you know – they may not even know they sent it! If you're expecting it, then ok. Don't click on email links that look like they came from your bank, many people have given their banking login information to thieves because they thought they were logging into their bank, but really weren't. If you use Internet Explorer, be sure you've upgraded to version 7 (click on Help | About to see the version number.) If you're using Firefox, you should be using version 3. Safari users should be at 3.2 (4.0 will be released sometime "soon".) Don't click on pop-up's, and don't download music sharing sites like LimeWire, where malware is EVERYWHERE. Follow those few tips and you'll enjoy a much safer computing experience.

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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.

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

*Solution at www.PEELinc.com

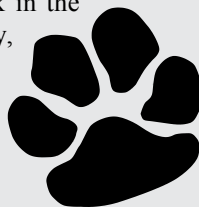
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PLEASE SCOOP YOUR DOG'S POOP!

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



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MAKE YOUR OWN CANDY FOR VALENTINE'S DAY!

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

Divinity

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

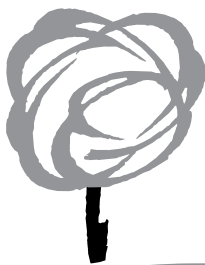
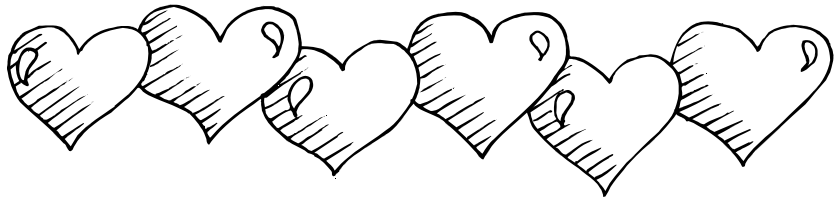
MIX together water and corn syrup in a heavy pan, and bring to a boil. Add sugar and continue boiling until dissolved. Continue cooking over medium heat, without stirring, to the hard-ball stage (about 250° on a candy thermometer).

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

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

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

WeightWatchers Points: 1 point per piece



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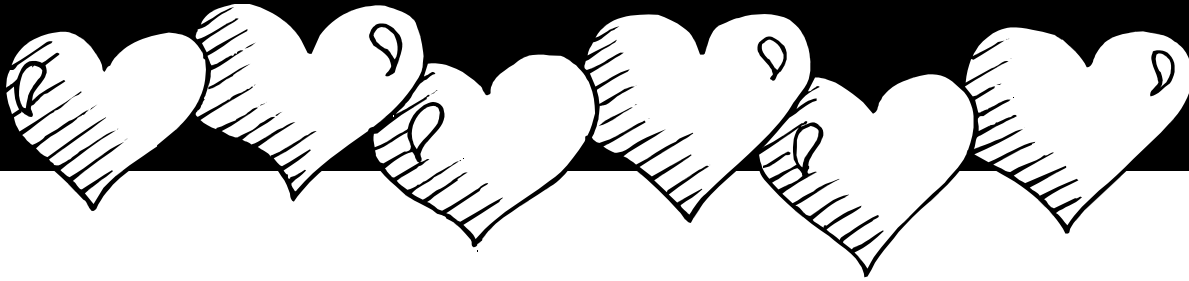
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February is American Heart Month

Submitted by Karen Behrend

February is American Heart Month! Here are some facts and tips to help you keep your heart healthy and help prevent Heart Disease.

COOL HEART FACTS:

- o The heart beats 2.5 billion times in a lifetime (65 yrs) (if you take care of it, maybe more!)
- o It takes 23-24 seconds for a drop of blood to circulate through the entire body
- o Your body pumps 1 million barrels of blood in a lifetime!
- o Your body has 60,000 miles of blood vessels
- o Every day over 650 Americans have coronary bypass surgery.

RISK FACTORS:

I. Unalterable Risk Factors you CAN NOT change:

- o Family History (father/brother had heart disease before age 55, or mother/sister before age 65).
- o Gender (men have a higher risk)
- o Age (Men over 45 and Women over 55 are at increase risk)

II. Risk Factors you CAN alter:

- o High Blood Pressure (three readings at 140/90 in a month, see your doctor)
- o Smoking (#1 preventable cause of heart attacks in the US. Smokers have a 70% great risk than nonsmokers). Tough habit to break, but sooner or later you will quit!
- o Cholesterol (Blood cholesterol of 200 mg/dl is desirable, 239 mg/dl is borderline and 240 mg/dl+ is high) Know your numbers and get a complete breakdown of your total cholesterol, HDL, LDL and Triglycerides. Have your doctor explain the numbers to you!
- o Obesity (more than 30% of your desirable weight) Eating too much of the wrong foods can make you fat! Focus on 5 fruits or veggies a day for the next 20 days.
- o Physical Inactivity (Choose to move! 30-60 minutes 3-4 times a week!)

III. Other contributing Factors

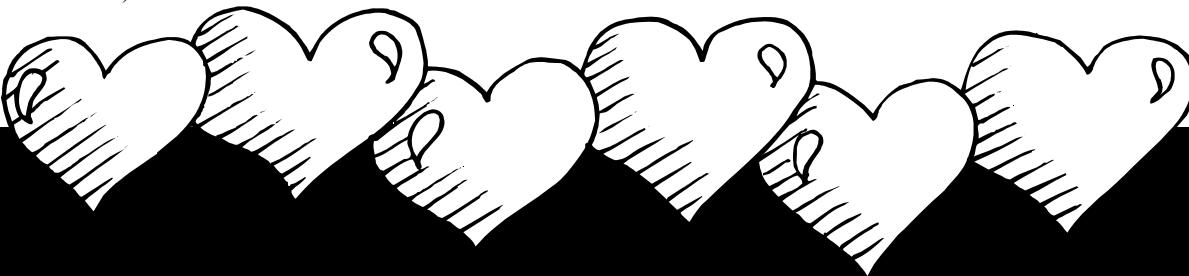
- o Diabetes
- o Stress/Tension
- o Hormonal Factors
- o Alcohol

Primary Risk Factors have the strongest relationship to heart disease (family history, smoking, high blood pressure, high cholesterol and physical inactivity), when two or more of these are present, the likelihood of heart disease greatly increases.

10 TIPS TO HELP DEVELOP HEALTHY HABITS AND PREVENT HEART DISEASE IN YOUR FAMILY

Take care of your heart and your children's hearts by:

1. Regular daily physical activity (walk, bike, hike together)
2. Participate in age-appropriate sports, lesson or clubs. Let kids try a variety and find what they like
3. Participate in household chores (the physical kind)
4. Follow a healthy diet; low in fat and high in complex carbohydrates. Be supportive. Focus on positive instead of negative. Praise for a job well done!
5. Don't reward kids with food...find other ways to celebrate!
6. Be supportive. Focus on positive instead of negative. Praise for a job well done!
7. Limit TV, video game and computer time...disconnect from it! 1-2 hours a day max!
8. Be a positive role model and practice what you preach
9. Set goals and limits. Daily activity, 1-2 desserts a week
10. Learn CPR. The next life you save may be someone you love!



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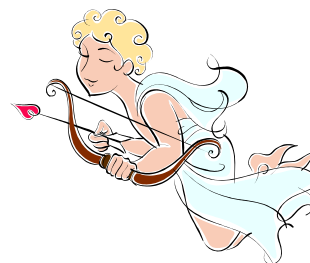
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Positive Outlook for the Houston's Real Estate Market...



During a late November stop in Houston, National Association of REALTORS® Chief Economist Lawrence Yun praised the stability of Houston home prices and predicted that Houston and Denver would be the nation's top performers in 2009. Yun forecast at least a five percent increase in Houston home pricing, also noting that local month's inventory has held around six months while the national rate has been approximately 10 months, another positive indicator. He stated that despite weakness in the oil patch, overall local job growth would help Houston maintain its healthier performance relative to the nation.

“We are encouraged by Dr. Yun's outlook for our market and hope that as Congress and the Obama administration iron out details of the federal financial bailout plan, local consumers realize that 2009 promises to be a sound time to buy or sell a home in Houston,” added Levitin.

~HAR .com Press Release 12/2008



Contact Us For Information on the Current Market Value of your home...



Lakes on Eldridge

Meet Rebecka

As we look forward to 2009, maybe we have kids graduating from high school, maybe we ourselves decided to go back to school, or maybe we are looking forward to a career change. Either way, we are looking forward to this year with optimism and hope – hope for health and happiness. Whatever our goals are for the new year, the children in foster care remain in pretty much the same place, with the same goals. You see, the children were removed from their homes, from their families – not because of something they did, but something their parents did. Now, they live in a temporary foster care system wondering what the future holds. Foster care is a time for these children to heal, but it is not the end. It is supposed to be a temporary system until the children can move on to permanency, and permanency being the safe, stable and loving family that will be there for them forever.

Meet Rebecka. She has been in foster care a few years and has hopes. Her biggest hope is that someone will love her enough to claim her. Her other hopes include the person, or family, being patient enough for her to learn and grow, and catch up for all of the time missed. For some children, they need that one on one time, the time to be special, the time to feel the object of others attention.

Rebecka, 11, is an active, intelligent and engaging child, who needs direction, and assistance in staying focused. Rebecka likes to read, listen to country music, sing, attend church and play with friends. Rebecka is talented, intelligent and a gifted vocalist. She likes to play with kids her age. Rebecka however, at this time, requires supervision while with peers. She vies for attention. She is a young girl with a beautiful smile and a lot of potential. Although she may exhibit challenging behaviors, she will thrive with a committed family.

Rebecka would benefit from being adopted by parents who have strong parenting skills. Rebecka will need time to bond. She would benefit from a permanent placement with a loving, supportive and understanding family where she continue to grow and learn. Rebecka needs consistent care from parents who will promote her future success. If you would like to learn more about adoption from foster care, please contact the Adoption Coalition of Texas at info@adopttexas.org or 512-301-2825. If you are interested in learning more about Rebecka, contact Grace Lindren, LMSW, Wendy's Wonderful Kids Recruiter/Adoption Coalition of Texas

512-687-3209/fax 512-692-2540, gracelindgren@adopttexas.org.

If you are interested, you can view a story with Rebecka on News 8 Austin Forever Families ~ just click the link: http://www.news8austin.com/content/living/forever_families/?ArID=226023&SecID=428

*Photo Courtesy of the Adoption Coalition of Texas/The Heart Gallery of Central Texas
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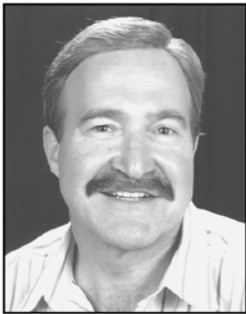
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