



LAKES

ON ELDRIDGE
NORTH

Volume 8, Issue 2

February 2009



CYPRESS CARES FOR THE TROOPS

As 2009 is now underway, Cypress Cares would like to announce the dates that we will be boxing up our care packages for the year. All boxing events will be held at the Cole's Crossing Community Center, located at 13050 Barker Cypress Road at Jarvis Road.

Several of our packing days this year are specifically at times when Cy Fair ISD is not in session so that our students will have an opportunity to be involved as well. The dates are as follows:

January 31, 10:00
March 14, 10:00
April 25, 10:00
July 8, 12:00
August 17, 2:00
October 3, 10:00

Halloween Treats for Troops

November 14, 10:00

Christmas Trees and Decorations

December 28, 1:00

Christmas Break Service Project for Cy Fair Students

Cypress Cares has received more thank you notes from the troops who have received packages. Visit our website, www.cypress-cares.org to view the troop responses, as well as more current information about upcoming events, donation ideas and more.

Our troops need and deserve our support; get involved today!

★ *From every mountainside, let freedom ring!* ★



*Happy
Valentine's
Day!*

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Lakes on Eldridge North

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(non-emergency)	281-550-6663
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Texas DPS	713-681-1761
Waste Management	713-695-4055
(trash collection Mondays & Thursdays)	
Aqua Services	713-983-3602
(Service or emergencies 24 hrs)	713-983-3604
Harris County Tax Office	713-224-1919
Reliant Energy	713-207-7777
(give pole # of street which is out)	
Entex (gas)	713-659-2111
Time Warner Cable	713-462-9000
Houston Chronicle	713-220-7211
Metro Transit Info	713-635-4000
Kirk Elementary	713-849-8250
Truitt Middle School	281-856-1100
Cy-Falls High School	281-856-1000
Newsletter Publisher	
Peel, Inc.	advertising@PEELinc.com, 888-687-6444

Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10th of each month. Submissions are subject to space limitations and editorial approval. Submit at www.PEELinc.com

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10th of each month for publication in the following month's newsletter. Submit classified ads at www.PEELinc.com.

ADS: Deadline for submitting ads is the 10th of each month for publication in the following month's newsletter.

Please contact Peel, Inc. Sales Office at 888-687-6444 or advertising@PEELinc.com for information on advertising.

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Article Submissions

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

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- 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
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Lakes on Eldridge North



SPEEDING IN LAKES ON ELDRIDGE NORTH PARKING ON THE STREET

*Children are our greatest treasures,
and we're creating a threat
to their safety by parking
on the streets and by speeding
through Lakes on Eldridge North.*

Most homeowners have some space in their garage reserved for storage – in some cases most of the garage, thereby not leaving enough room for their vehicles. Consequently, many owners park their vehicles on the street making it difficult for others to pass and creating hazardous conditions for the children.

Although we're all anxious to get home to be with our families, speeding and reckless driving is against the law and endangers everyone. Lakes on Eldridge North is a family oriented community with many children; for that reason before you speed or park on the street, please consider their well-being. Also, children playing in the street can unknowingly create a dangerous situation, especially on heavily traveled streets; the driver may not see the child, especially in the evening or after dark.

We all know that children have a tendency to move about impulsively and may inadvertently run into the street. Please don't let a tragedy happen before parking your vehicle off the street or obeying the speed limit. For the benefit of all the residents and children, and the overall appearance of your neighborhood, please do not park on the street. Make accommodations in your garage or driveway for your vehicles and keep your streets clear and safe for all and please, DO NOT SPEED IN LAKES ON ELDRIDGE NORTH.

*When it comes to your
child's development,
getting help early
is best!*



Texas Early Childhood Intervention (ECI) provides early intervention and therapy services for children birth to 36 months. If you have questions about how your baby or toddler is developing-ask ECI! Programs are in every Texas County.

Questions or Concerns?

Call ECI of MHMRA Harris County at
713-970-4900

or visit www.dars.state.tx.us/ecis
to find out more about ECI
and to find your local program.

*ECI developmental screenings &
evaluations
are at no cost to families!*

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Lakes on Eldridge North residents, limit 30 words, please e-mail articles@PEELinc.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.

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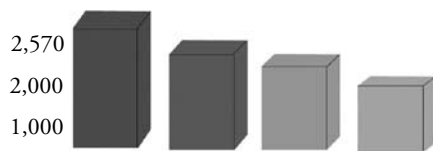
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*Houston Business Journal Week of June 20-26, 2008
Number of Transaction Sales of Closed Sales in 2007



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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
Amanda Sutherland
Anderson Touns
Phoebe Touns*

*Austin Ulmer
Kristen Walker
Kylee Waters*

Not Pictured:
Daniel Bunch

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The MOMS Club® of Cypress / NW-Fairfield Moms Offering Moms Support

MOMS Club® is an international organization with a neighborhood feel! We are teachers, business women, counselors, chefs, CPA's and artists who have put those careers on hold and have made the choice to stay home with our kids.

MOMS Club® is a place to find friendship, support, playmates and sisterhood!

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! We meet 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.



"Adventures in Mothering" at The MET

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 renaqw@yahoo.com. They will meet on the second and fourth Fridays during the school year.



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Lakes on Eldridge North

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 Loeb	7 th	Beau Powell
		8 th	Corrie Andrews

Cypress Creek High School Celebrates Spring Cougar Day

Houston, TX, January 3, 2009

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 & 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.

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A Special Invitation to All Women in the Community *Eyewitness to Majesty: Abandoning Self for Christ* with Mindy Ferguson

*Come, walk along with Peter as an eyewitness to the life of Christ.
Watch Peter transform from Simon the ordinary fisherman, to Peter fisher of men.
Peter will encourage you and inspire you.
But most of all, he will challenge you to abandon self for Christ.*

All women in the community are invited to join us on Tuesday evenings at Good Shepherd United Methodist Church in Fairfield for this eleven-week Bible study, featuring author and Cypress resident, Mindy Ferguson of Fruitful Word Ministries. Each week we will come together for 90 minutes of fellowship, music, prayer and in-depth teaching by Mindy. Childcare is free with advance reservations. Please come and bring a friend!

DATES:

Tuesday evenings, Feb. 3rd - Apr. 21st

TIME:

7:00 to 8:30 p.m.

LOCATION:

Good Shepherd UMC, 20155 Cypresswood
Drive, Fairfield Subdivision
(290 and Mason Rd)

COST:

\$13.00 for workbook

TO REGISTER CONTACT:

Good Shepherd UMC office at
281-373-2273 or Aynne Daugherty
(aynnedaugherty@yahoo.com) at
281-373-1822 Visit Mindy's ministry
website at: www.Fruitfulword.org

Cy-Fair Area Y-ME Breast Cancer Support Group



Are you a Breast Cancer Survivor?

Please join us for the Cy-fair Area Y-ME Breast Cancer Support Group. We meet the second Thursday of each month @ Kindred Hospital Houston Northwest from 6pm-7pm.

For more information please contact Tere Kelly@ 281-517-1008.

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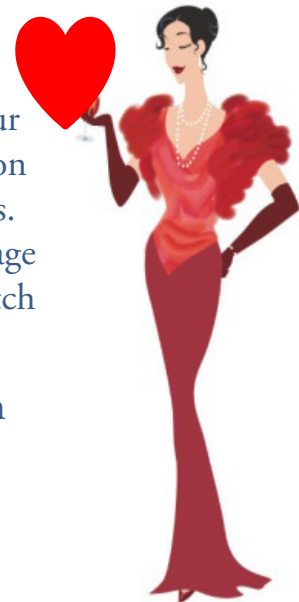
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Lakes on Eldridge North

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 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.



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1. Local businesses are often collectively our largest local employer. The largest growth of jobs is from small business owners.
2. When one dollar is spent at a local business, economists indicate it is circulated four to seven additional times in the local economy.
3. Every dollar spent locally generates up to 75% more tax revenue to our community and State.
4. Local businesses are often the largest financial supporters of neighborhood school programs, local charities and youth sports activities.
5. Strong local businesses help maintain property values and contribute to the character of our community by offering a diverse selection of goods and services.
6. Local businesses are most often the first job for our children and also the first introduction into the "real world" of economics.
7. Small businesses often innovate quicker and thus grow faster and can have a greater impact on our community.

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The American Business Woman's Association of Cy-Fair Express Network

Networking and Business Luncheon

The American Business Women's Association Cy-Fair Express Network invites you to their monthly networking meeting and luncheon. Our topic for discussion is smart financial investing for today's business women. Our guest speaker will be Tom Singletary a Certified Financial Planner with Wachovia Securities. There will be lots of networking, fun, and giveaways. Bring plenty of business cards.

Event: Cy-Fair Express Network
When: Thursday, January 22, 2009
Time: 11:30 am - 1:00 pm
Where: Houston National Golf Club
6500 Houston National Blvd
Houston, Tx. 77095
(281)304-1400

Reservations: Contact Anya Lucas
713-459-2331 or anya@lucascare.com

Or go to www.cyfen.org for more information. Please try and RSVP by Friday, Jan. 16, 2009.

CYFEN is an ABWA Express Networking organization providing opportunities to network with other professionals in the Northwest Houston area, and offers professional development and educational advantages through ABWA. CYFEN meets the fourth Thursday of each month (except November and December), and visitors are always welcome. Contact Anya Lucas for more information.

290 Cypress Business Networking Group

The 290 Cypress Business Networking Group meets every Thursday morning at 7:30 am at Newk's Express Café located at Hwy 290 and Spring Cypress in the Kroger Shopping Center near the Cinemark Theater. The group is open to all business owners and professionals who want to increase their exposure to the residents of Cypress and the surrounding areas. There is no cost to attend the meeting. If you would like more information, please call Ken Parker at 281-384-1562. **Visit our new website at 290Cypress.com**



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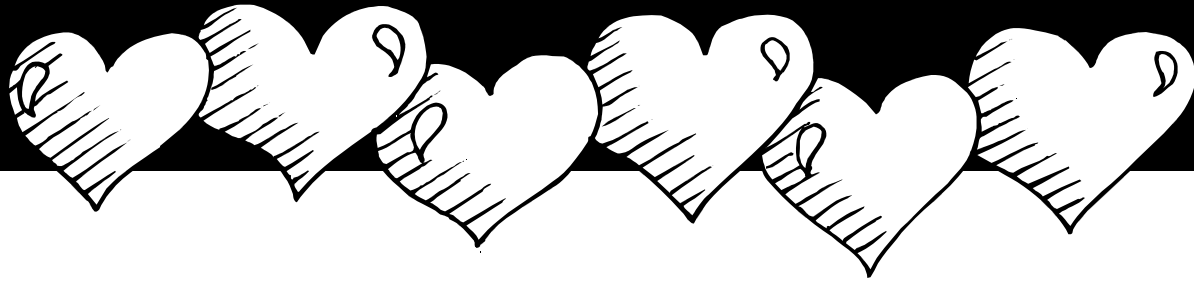
A black and white photograph of Michael Banh, a man in a white shirt and dark trousers, standing on a lawn in front of a brick house. He is holding a large white sign that says "SOLD" in bold letters, with "WE CAN SELL YOURS" written below it. To his left is a realtor sign on a stand that reads "MICHAEL BANH REALTOR", "Your Realtor For Life", "281-701-7666", and "www.michaelbanh.com". The house behind him has a brick facade, a central arched doorway, and windows with shutters. A sidewalk leads from the front door to the lawn.

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- Resident Of Lakes On Eldridge North
- Personally Owned 4 Homes In LOEN
- Professional Realtor, Real Estate Investor, & Sr. Loan Consultant
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- Above All, I ♥ LOEN!

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



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

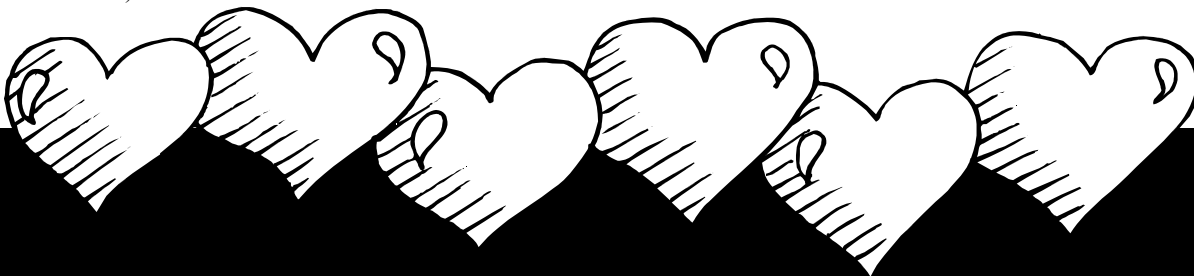
- o Diabetes
- o Stress/Tension
- o Hormonal Factors
- o Alcohol

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!



Lakes on Eldridge North

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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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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- Damp wipe cabinet doors
- Clean counters
- Hand wash floor
- Load dishwasher

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- 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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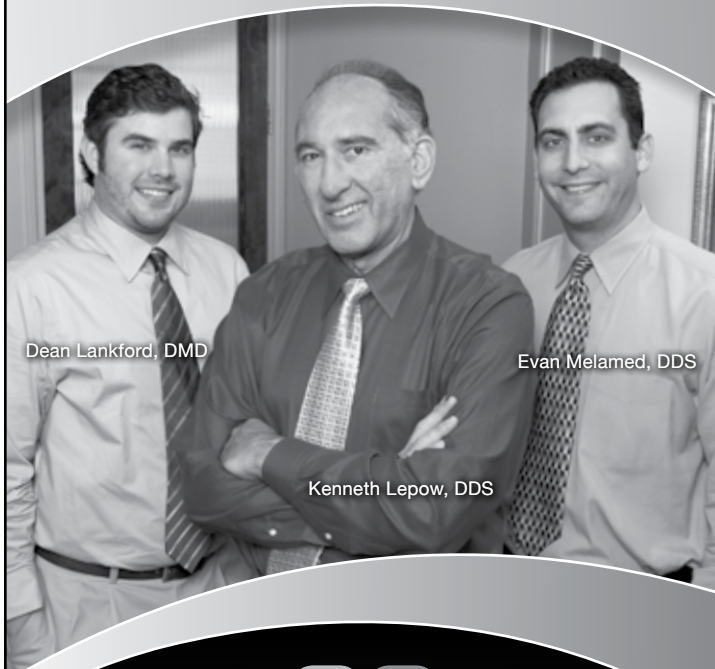
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Advertising Information

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.

Lakes on Eldridge North

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.

Regards,

RB Cox

alert@CypressLostPetAlert.com

www.CypressLostPetAlert.com

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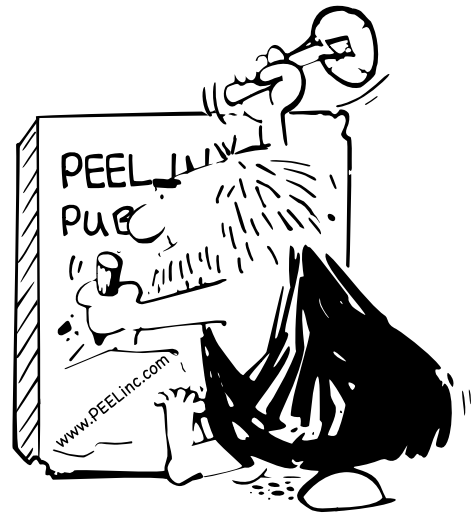
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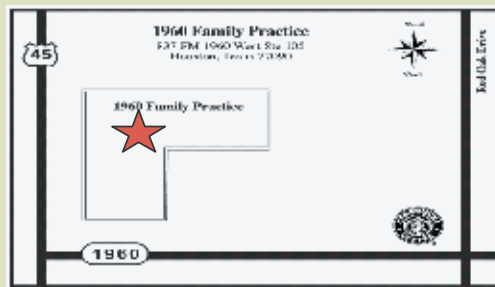
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Lakes on Eldridge North

Lone Star College-CyFair Perspective

Teen Driver's Education Available this Spring

Spring driver's education courses for teens ages 15 to 17 are available February through April. The in-classroom driver's education course covers road rules, road signs, and laws to prepare the teens for the Department of Public Safety's written exam. Other topics are car maintenance, effects of drugs and alcohol, laws and penalties for drinking and driving, emergency situations, basic driving procedures, road rage, and insurance. Parents are responsible for the in-car instruction. Students are required to purchase the Texas Traffic Safety Education Student Manual, which is available at the campus bookstore. Call 832-482-1043 for information.

Check out Courses for Ages 50 and Better

The Academy for Lifelong Learning (A.L.L.) at Lone Star College-CyFair offers adults, 50 years and older, leisure classes, lectures and informal activities. The spring session will include classes on computer programs, history, cooking, Bible study, health and fitness, day trips and much more. An A.L.L. annual membership fee of \$10 entitles members to free or discounted classes. Registration will be from 8 a.m. to 1 p.m. Feb. 9 through Feb. 13. Register early as classes will fill up quickly. For information, go to CyFair. LoneStar.edu/ALL or call 281-290-5991.

L.I.F.E. Lessons in February

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.) Programs in February include the economic and social importance of Hangzhou, a city in China Feb. 4; chocolate formulas for health and happiness Feb. 11 (HSC 105); make a voodoo doll and learn beneficial effects Feb. 18; and study of children of presidents Feb. 25. Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

Encaustic Exhibition in Gallery and Importance of Earnest on Stage

Check out an ancient method of painting Feb. 24 through March 26 at the Bosque Gallery Encaustic Exhibition, showcasing the work of a continuing education class. An opening reception with artists is set for 4:30 p.m. to 6:30 p.m. Thursday, Feb. 26. Go to CyFair. LoneStar.edu/bosquegallery for gallery hours and information. Enjoy Oscar Wilde's popular comedy "The Importance of Being Earnest" on stage Feb. 26 through March 8. Group rates are available. For information, call 281-290-5201 or go to CyFair. LoneStar.edu/boxoffice.

(Continued on Page 25)

2nd Annual



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Lakes on Eldridge North

Lone Star College - (Continued from Page 24)

Italy or China Study Abroad Applications Due March 1

Apply now for Lone Star College-CyFair's 2009 summer study abroad programs to Italy and China. Join Rob Coyle (832-782-5114) and Buck Buchanan (281-290-3919) for Western Civilization I and World Geography at the Vesuvian International Institute in Castellammare di Stabia, Italy or Carolyn Ho (281-290-3980) and Robert O'Brien (281-290-3257) for Beginning Chinese I and World History I at Zhejiang University in Hangzhou, China. The deadline for applying to either program is March 1, 2009. For information, go to CyFair.LoneStar.edu/Italy or CyFair.LoneStar.edu/China.



Attention Kappa Delta Sisters ...

The Houston Northwest Kappa Delta Alumnae Association holds meetings the 4th Tuesday of each month at 6:30 p.m. Visit www.kdhnwaa.com for all the details.



The Tri-County Quilt Guild

Meets the 1st Tuesday of the month, 7-9pm

Meeting Place: Fairfield Baptist Church, 27240 Highway 290
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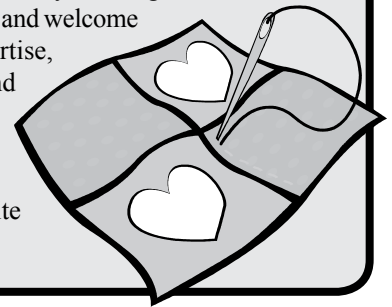
website: www.tricountyquiltguild.org

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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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Texas Events - February

- 1—BROWNSVILLE:** Living History Demonstration Hours are 10 a.m. to 1 p.m. Palo Alto Battlefield. E-mail: paal_administration@nps.gov 956/541-2785 ext. 333
- 1, 7, 11, 13—HOUSTON:** Chorus! Houston Grand Opera. Brown Theater. www.houstongrandopera.org 713/228-6737
- 2—BEAUMONT:** Celebrate Groundhog Day Cajun Style! Gator Country's own Big Al has been deemed Southeast Texas' official groundhog. See Big Al and 127 of his reptilian buddies. www.gatorcountrytx.net 409/794-WILD
- 4, 6—HOUSTON:** A Midsummer Night's Dream Houston Grand Opera co-production with the Canadian Opera Company. Brown Theater. www.houstongrandopera.org 713/228-6737
- 6—CORPUS CHRISTI:** Stage Door Canteen Re-creates the canteen shows from World War II. U.S.S. Lexington Museum on the Bay. www.usslexington.com 800/523-9539
- 6—HOUSTON:** Cherryholmes Showcases the group's incredible harmonizing and playing of the upright bass, mandolin, banjo, fiddle and guitar. Begins at 7:30 p.m. Wortham Center's Cullen Theater. www.spahouston.org 713/227-4SPA
- 6-May 24—HOUSTON:** Maurizio Cattelan Exhibition features sculptures that range in tone from the melancholic and politically contentious to the decidedly irreverent. The Menil Collection. www.menil.org 713/525-9400
- 8—GALVESTON:** Galveston Symphony Orchestra Begins at 7 p.m. The Grand 1894 Opera House. www.thegrand.com 800/821-1894
- 8—KINGSVILLE:** Kingsville Symphony Orchestra Concert Jones Auditorium TAMUK. www.kingsvillesymphony.org 361/593-2803
- 8—LAKE JACKSON:** Harlem Gospel Choir Presents the finest singers and musicians from Harlem's black churches and the New York tri-state area. Begins at 4 p.m. The Clarion. www.clarion.brazosport.edu 979/230-3156
- 10—BEAUMONT:** Broadway in Beaumont: The Rat Pack is Back! Spirited tribute re-creates one of the famous "Summit at the Sands" hotel shows by Frank Sinatra, Sammy Davis Jr., Dean Martin and Joey Bishop. www.beaumont-tx-complex.com 409/838-3435 ext. 1
- 10—ORANGE:** Mark Twain Tonight Begins at 7:30 p.m. Luther Theater. www.lutcher.org 409/745-5535 or 800/828-5535
- 10-22—HOUSTON:** Legally Blonde: The Musical The hilarious film and now Broadway smash hit musical brings its wit and charm to Houston. Theatre Under the Stars. www.tuts.com 713/558-TUTS or 888/558-3882
- 11—GALVESTON:** Miss Bindergarten Show combines three favorites from the Miss Bindergarten book series. Shows are 10 a.m. and noon. The Grand 1894 Opera House. www.thegrand.com 800/821-1894
- 12—HOUSTON:** Out @ TUTS Features a cabaret-style evening at Artista Restaurant in the Hobby Center. www.tuts.com 713/558-TUTS
- 12—NASSAU BAY:** The Arts Alliance Center at Clear Lake Sheila McGraw — illustrations, portraits and organics. 2000 NASA Parkway. www.taaccl.org 281/335-7777
- 12-14—ORANGE:** Annual Mardi Gras Festival Includes a carnival, munchkin parade, Grande Parade, cooking competition and more. Simmons Drive. www.goacc.com 409/883-3536
- 13—HOUSTON:** Pilobolus Dance Theatre The company's Houston program will include a remounting of its masterwork Ocellus. Begins at 8 p.m. Jones Hall. www.spahouston.org 713/227-4SPA
- 13-15, 19-21—VICTORIA:** Do Black Patent Leather Shoes Really Reflect Up? Leo J. Welder Center for the Performing Arts. www.theatre victoria.org 361/576-6277
- 13-15, 20-22, 27-Mar. 1—WHARTON:** Little Shop of Horrors Seymour, a poor florist's assistant, lets his craving for fame and fortune seduce him into playing nursemaid to a man-eating plant. The Plaza Theatre. www.whartonplazatheatre.org 979/282-2970
- 13-24—GALVESTON:** Mardi Gras! Galveston Features spectacular parades, elaborate masked balls and flamboyant costumes. www.mardigrasgalveston.com 888/425-4753
- 14—HOUSTON:** The National Acrobats of China This dazzling company of 35 performers will mesmerize and mystify with stunning displays of the best in Chinese martial arts, illusion and acrobatics. Jones Hall. www.spahouston.org 713/227-4SPA
- 14—SAN BENITO:** Market Day Enjoy live music and arts & crafts. Includes tasty treats and handmade items. Plaza de San Benito. www.cityofsanbenito.com 956/361-3804 ext. 302
- 14—SAN BENITO:** Noche de Ronda Valentine Dance Features live music by Noe Pro and the Band. Hours are 8 p.m. to midnight. Knights of Columbus Hall, 826 E. Stenger. www.cityofsanbenito.com 956/245-1666
- 14—SANTA FE:** Valentines Dinner in the Cellar at Haak Winery Hours are 6 to 9 p.m. Haak Winery, 6310 Ave. T. www.haakwine.com 409/925-1401
- 14—SURFSIDE BEACH:** Surfside Beach Marathon Starts as the sun rises over the water and follows the public beach to San Luis pass then returns. www.surfsidemarathon.com
- 14—VICTORIA:** Black History Festival Victoria Community Center. 361/578-6325
- 14-15—LA PORTE:** Remember the Maine Includes small arms demonstrations. Visit encampments depicting various eras of our nation's military history. Memorial service is held on the bow of the ship at 3 p.m. Saturday and noon Sunday. Battleship Texas State Historic Site. 281/479-2431
- 15—GALVESTON:** Riders in the Sky The world's premier "Comedy & Western" band from NPR and Saturday morning TV performs. The Grand 1894 Opera House. www.thegrand.com 800/821-1894 or 409/765-1894
- 19-22—PORT ARTHUR:** Mardi Gras Weekend Includes headliner bands, parades, carnival rides, arts & crafts, food and beverage vendors, and strolling street entertainment. Downtown Port Arthur. www.portarthur.com/mardigras 409/721-8717
- 20-21—DEER PARK:** Another Man's Treasure — Citywide Garage Sale 500 W. 13th St. www.deerparktx.gov 281/478-2050
- 20-21—KATY:** Threads of Time Quilt Show More than 200 quilts made by members of the West Houston Quilter's Guild are

(Continued on Page 29)

Lakes on Eldridge North

Texas Events - (Continued from Page 28)

- displayed. Quilt-related vendors will be on hand. Leonard E. Merrell Facility. www.whqg.org/show/281/373-0072
- 20-22—BEAUMONT:** Mardi Gras on the Neches Includes live music, carnival midways, children's party, parades, wrestling matches and beads. 800/392-4401
- 20-22—ROSENBERG:** Houston Glass Show & The Best Little Antique Show in Texas Dealers from across the nation display American glass from the 1920s through the 1970s. Antique show features jewelry, European glass, linens, silver and more. Preview party is 6 to 9 p.m. Friday. Fort Bend County Fairgrounds. 713/410-4780 or 214/734-7216
- 20-Mar. 22—HOUSTON:** The Man Who Came to Dinner Alley Theatre. www.alleytheatre.org 713/220-5700
- 21—BEAUMONT:** Free Family Arts Day Combines exploration of the exhibits with hands-on activities and storytelling. Art Museum of Southeast Texas. www.amset.org 409/832-3432
- 21—KEMAH:** Yachty Gras Boat Parade Boaters throw beads to the crowds at Kemah Boardwalk. www.kemahboardwalk.com
- 21—NASSAU BAY:** Clear Lake Symphony Begins at 7:30 p.m. Gloria Dei Lutheran Church Auditorium, 18220 Upper Bay Road. www.clearlakesymphony.org 281/488-0066
- 21—VICTORIA:** Livestock Show Parade 361/576-4300
- 21-22—PORT NECHES:** Trade Days on the Avenue Port Neches Avenue. E-mail: pncoc@swbell.net 409/722-4023
- 22—HOUSTON:** Cameron Carpenter, Organist Chapelwood United Methodist Church. www.chapelwood.org 713/465-3467
- 22-Mar. 1—BROWNSVILLE:** Charro Days Fiesta www.charrodaysfiesta.com
- 24—PORT ARTHUR:** Fat Tuesday Mardi Gras Party Includes music, dancing, bead throwing and costumed royalty. Brad Hall. 409/962-9860
- 24-Mar. 1—GALVESTON:** Menopause: The Musical The Grand 1894 Opera House. www.thegrand.com 800/821-1894 or 409/765-1894
- 25—HOUSTON:** The Chieftains Begins at 8 p.m. Jones Hall. www.spahouston.org 713/227-4SPA
- 26-Mar. 1—PORT ARANSAS:** Celebration of Whooping Cranes & Other Birds Includes birding bus and boat tours, renowned speakers, exhibits, trade show, seminars, demonstrations, concessions and more. Civic Center and UT Marine Science Institute. www.portaransas.org 800/452-6278

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.



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Battling Boredom

ARE YOU FINDING IT DIFFICULT TO GET

out of bed in the morning for your daily walk and making up excuses to skip the gym on the way home? Even the most dedicated exercisers occasionally get bored with their routine. Waning motivation, cutting workouts short and not having your old enthusiasm all are signs of a stale exercise regimen.

Quick Fix

First, evaluate your current routine to determine what really bores you. A new variation on your favorite activity — such as cardio-funk or kickboxing instead of step aerobics, or hoisting free weights instead of working on machines — may be enough to reinvigorate a stale routine.

If you've always worked out indoors, logging miles on a treadmill, stairclimber or stationary bike, move your workout outside for a welcome change of scenery. Run, hike or bike on trails; swim in a lake or ocean.

Bigger Changes

When tweaking your routine isn't enough, make bigger changes. Take up an entirely new activity — especially something you never thought you'd do. If you've always stuck to solitary pursuits, sign up for a team sport, such as volleyball, basketball or even doubles tennis. Or tackle something you've always shied away from — indulge your thirst for adventure with a rock-climbing class (start on an indoor wall, then move to the real thing as your skills improve).

Good Company

Working out alone often is an oasis of solitude in a busy day, but maybe you need some company. Exercise companions add a social element to any routine. Ask a friend to be your workout partner—you won't skip a workout if someone is waiting for you.

Just about every sport or activity has a club; to find one, ask around at gyms or local community centers. Keeping up with the crowd also means you'll be challenged to improve your skills. Ask about organized workouts and fun runs offered by local track clubs, as well as group rides hosted by cycling clubs.

Challenge Yourself

Many exercisers work out simply to stay in shape, and most of the time that's just fine. But setting a goal, such as

finishing a 10K race or completing a rough-water swim, will give your daily workouts more meaning.

Start by incorporating bursts of speed into your workouts. After a gentle warm-up, alternate a fast pace with a slower one for recovery. This can be as simple as sprinting to the next tree, or as structured as running intervals on a track or sprinting laps in the pool.

Add Variety

Elite triathletes pioneered the cross-training concept, and it works for the rest of us, too. If you usually focus on one activity, substitute another a few days a week. Ideally, any exercise program includes elements of cardiovascular exercise, weight training and flexibility.

New Toys

Small exercise gadgets aren't necessary, but they can make your workouts more fun and challenging. Heart-rate monitors, aquatic toys and safety equipment are just a few items to consider. Find out which new training gadgets are available for your favorite activity.

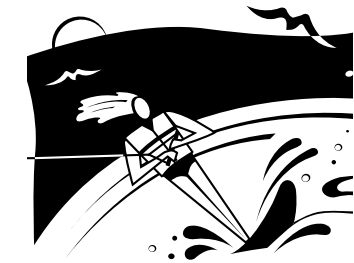
Take a Break

Sometimes you really do need time off. In that case, cut back on your usual routine, and substitute other activities. You might even find one that you enjoy more than your old favorites.

Once you've fought your first battle with boredom, you'll know the tricks to keep exercise from becoming too routine. Trying new sports, new classes and new activities — and learning how to throw a little variety into old favorites — can help you overcome the nagging inclination to devise those creative excuses for not working out.

*Reprinted with permission from
the American Council on Exercise.*

ACE
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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

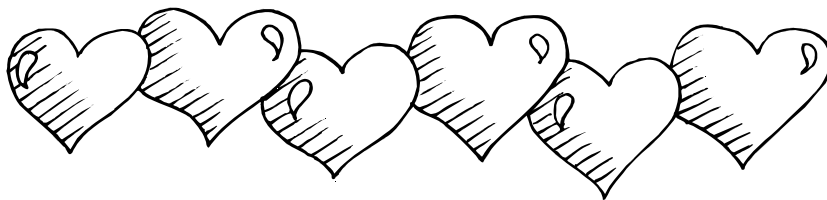
MIX together water and corn syrup in a heavy pan, and bring to a boil. Add sugar and continue boiling until dissolved. Continue cooking over medium heat, without stirring, to the hard-ball stage (about 250° on a candy thermometer).

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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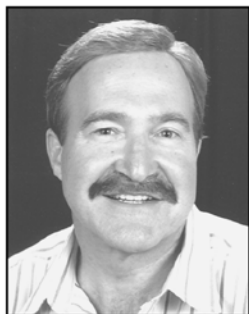
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