



LAKES

ON ELDRIDGE
NORTH

Volume 8, Issue 3

March 2009

Sustainable Living Houston Kicks off National Bike Month!

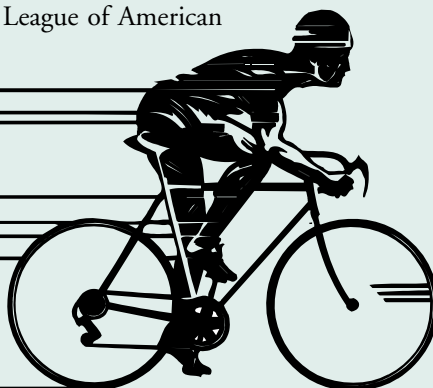
On Friday, May 1, 2009, residents of Cypress, Texas, will bicycle from the Coles Crossing subdivision to the nearby METRO Park & Ride and transit oriented development. By riding bikes to the Park & Ride, and then taking the #217 METRO bus to their work locations, the residents will complete a long-haul, suburb-to-city multi-modal commute without the use of private automobiles.

METRO has recently installed bike racks at the Cypress Park & Ride, and these will be used to secure the bicycles. There is also limited space for taking a few bikes in the sub-floor storage compartments of the # 217 buses.

Residents will assemble at 6:50 am on Friday, May 1, 2009 at the Coles Crossing Community Center parking lot and depart at 7:00 am sharp. Use of helmets, front & rear lights, red rear reflectors and articles of reflective clothing will be mandatory. Residents will ride on the sidewalk south on Barker-Cypress Rd. to Jarvis Rd., whereupon the group will transition to riding on Jarvis Rd. in a vehicular cycling mode. The total ride distance will be about a mile each way, and the time to the Park & Ride from the neighborhood will be about 6 minutes.

The rain date for this ride is May 15, 2009.

There will be a highly recommended pre-ride safety briefing at the Coles Crossing Community Center parking lot on April 25th at 8:00 a.m. where helmets, lighting, bike commuter clothing, and vehicular cycling will be discussed, as well as a test ride of the route. This briefing will be led by a League of American Bicyclist certified cycling instructor.



Kirk Elementary - Kindergarten Round-Up

March 25th, 2009

6:00-7:30 p.m.

Parents interested in enrolling their 2009/10 or 2010/11 kindergarten students at Kirk Elementary are invited to attend an informational meeting. Our kindergarten teachers will share curriculum information and answer questions as you prepare for this important step in your child's education. 2009/10 Kindergarten pre-registration will be on Wednesday, April 1st. If you have any questions, please call Julia Wolverton, Primary Assistant Principal, at 713-849-8256.

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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
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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.

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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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neighborhood website:
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- *Fertilize newly planted perennials with
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- *Mulch garden beds 2 to 3 inches with an organic
mulch being careful to leave at least 6 inches of
slab exposed around the perimeter of the house
and garage structures.*

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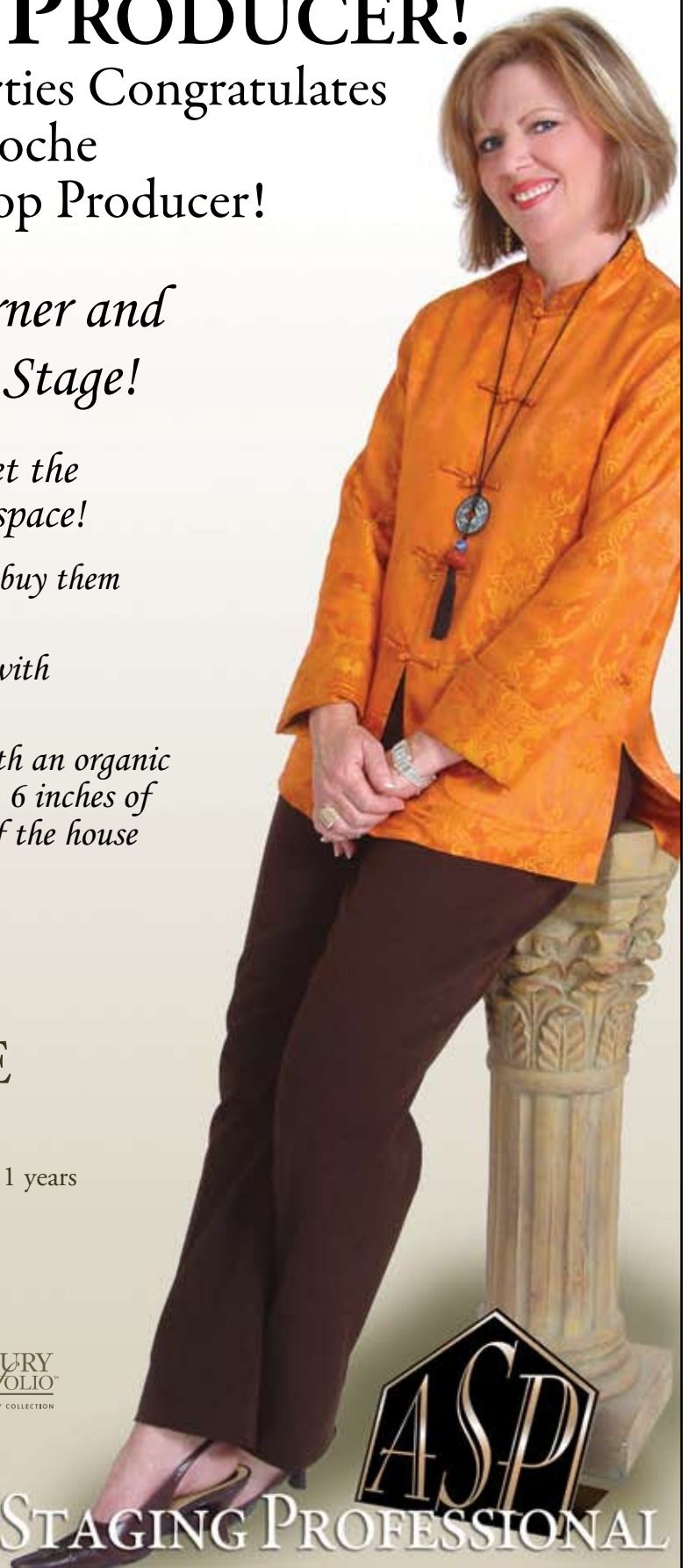
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Lakes on Eldridge North

Lakes on Eldridge Dolphins Team Online Registration

The Lakes on Eldridge Swim Team (LOEST) is recruiting enthusiastic swimmers from age 4 to 18 (no experience necessary) looking to have great fun this summer. LOEST is a voluntary and non-profit recreational swim team operated for the Lakes on Eldridge and surrounding neighborhoods. LOEST encourages a competitive swim team environment and provides the opportunity for growth, training, enjoyment, good sportsmanship and participation to all active Team members.

The LOEST Board has been working very hard to start off the 2009 season with a BLAST! There are many upcoming events, starting with the registration process. You will be able to register ONLINE from the comfort of your home, work etc. from March 1 through March 15. In order to register please visit our website www.loedolphins.org and click on the link to the online registration. The Registration link will be active only March 1 thru March 15, so you must visit our website www.loedolphins.org during that time.

Please mark your calendars for upcoming events:

APRIL 19 - Parents Meeting/family Meet And Greet Party
APRIL 20-24 - Swim Clinic
APRIL 27 - First Day Of Swim Practice
MAY 2 - Time Trials With Concord Bridge @ Loe Pool
MAY 4 - Pictures

*LOEST will be competing in NWAL Division W2,
which has the following meet schedule:*

MAY 16 Home Meet – Fairfield
MAY 23 Away Meet - Deerfield
MAY 30 Away Meet - Norchester
JUNE 6 Home Meet - Concord Bridge
JUNE 13 Away Meet – Jersey Village

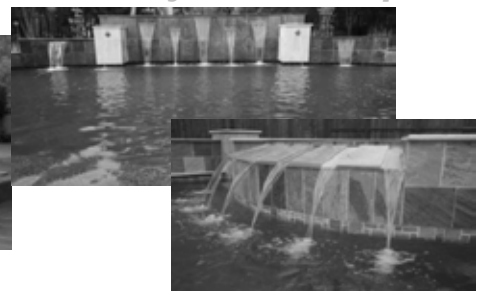
Please visit our website at www.loedolphins.org for up to date information.

We have an open Board Position - Secretary/Hospitality. If you are interested or would like to get more information on the position please contact Rosa Clay at rosaclay@sbcglobal.net. Should you have any questions or further inquiries regarding the upcoming 2009 LOEST Season, please contact any of the Board Members listed on our website www.loedolphins.org.



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Lakes on Eldridge North

Clay Road Baptist Spelling Bee Winners



Congratulations to the following first place winners of the 2009 Clay Road Baptist School Spelling Bee!

1st Grade Kristin Sanders
2nd Grade Evin Youm
3rd Grade Matthew Sanders
4th Grade Ethan Trapp (not pictured)
5th Grade Don Halt
6th Grade Hannah Quebodeaux
7th Grade Lauren Nugent*
8th Grade Andrew Harding

*overall Spelling Bee winner

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Lakes on Eldridge North

Northwest Flyers Youth Track Club

Information Session

Friday Evening, April 3rd, 2009

The Northwest Flyers Track Club will host a free open house / registration session for all middle and high school athletes and their parents interested in joining for the 2009 season. The event will be held on Friday, April 3, 2009, from 7:00 – 8:30 PM at the Champions Park subdivision clubhouse, 13635 Champions Park Drive**, Houston, TX 77069. The session will begin with a very important program overview / orientation at 7:00 PM. All interested athletes and parents should report on time.

The Northwest Flyers is a youth (ages 6 -18) track organization, affiliated with USA Track & Field. The club provides a full program of "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. It is an excellent "off-season" program for young athletes who currently compete on their middle school or high school varsity track teams.

The club was founded 22 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area. Last year, the Northwest Flyers qualified 26 young athletes to compete at the U.S. Junior Olympics National Championships in Omaha, Nebraska.

Visit the team website at <http://www.northwestflyers.org> for registration forms and information prior to the session, or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.

** NOTE: Champions Park Drive is in between Cutten Road and Champions Drive.

Cypress Christian School Students Provide "Socks for Little Souls"

Fifth graders at Cypress Christian School collected socks in February to donate to children at the Baptist Missions Center. In addition, the students made valentines for the children at the center. The "Socks for Little Souls" project began when the fifth grade classes were asked to find a way to share God's love with those less fortunate for Valentine's Day.



The mission of Cypress Christian School is "to equip students to engage and impact their world for Jesus Christ." Community service projects like "Socks for Little Souls" help to encourage students to make a difference in the lives of others both now and throughout their lifetimes.

Cypress Christian School is located at 11123 Cypress N. Houston Rd. at Jones Road and serves families of K-12 students in northwest Houston. For more information, call 281-469-7745 or visit the website at www.CypressChristian.org

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.

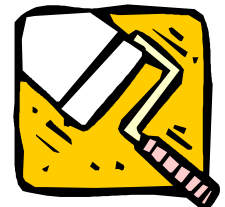
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CRBS Creative Writing Contest

Clay Road is proud to recognize the following winners:

Kindergarten

First Place.....Everett Bakken
Second PlaceRyan Yun
Third PlaceErica Newman
Honorable Mention ...Jordan Binkley
Danielle Brock
Cesar Mora

First Grade

First Place.....Annie Giles
Second PlaceOlivia Einarsson
Third Place.....Dawson Conder
Honorable Mention ...Hannah Bosco
Lindsey Duong
Jacob Walton

Second Grade

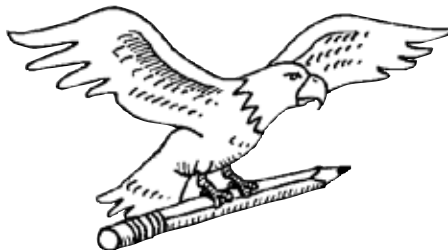
First Place.....Ainsley Bakken
Second PlaceNicolas Einarsson
Third Place Tie.....Grace Maynard
Natalie Morel
Honorable Mention ...John Nimri
Kaitlynn Sims

Third Grade

First Place.....Ally Longoria
Second PlaceAllison Giles
Third Place.....Lauren Menard
Honorable Mention ...Alexia Hahn
Jonathan Loeb
Olivia Markham

Fourth Grade

First Place.....Sophie Palmer
Second Place TieAllison Brock
David Scott
Timothy Xenakis
Honorable Mention ...Blake Scott
Gus Waters



Fifth Grade

First Place.....Matthew Elliott
Second PlaceAnnie Messina
Third Place.....Mary-Kate Scurlock
Honorable Mention ...Peyton Conder
Morgan Morel
Ty Wise

Middle School Rhyming Poetry:

First Place.....Yvonne Espinoza
Second PlaceAmanda Brock
Third Place.....Ashton Binkley

Honorable Mention ...Marya Gray
Andrew Harding
Hannah Vancannon

Free Verse:

First Place.....Anderson Toups
Second PlaceJared Pereira
Third Place.....Brandon Argueta
Honorable Mention ...Karissa Garcia
Phoebe Toups
Mackenzie Wilson

Essay:

First Place.....Kylee Waters
Second Place Tie:Victoria Gates
Mallory Parker
Third Place:.....Lauren Nugent
Honorable Mention ...Christian Dixon

Short Story:

First Place.....Hannah Cochran
Second PlaceJeffrey Schultz
Third Place.....Corrie Andrews
Honorable Mention ...Bryson Bergeron
Daniel Bunch
Beau Powell

Congratulations CRBS students!

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Lakes on Eldridge North

Need More Space? Reclaim the Space You Already Own

Submitted by Heather Bland-Ho

Many of us might be feeling the urge for more space. In the current economy, however, moving out or “up” might not be an option. But waiting out the housing downturn doesn’t mean you need to put up with spaces that are stressing you out or bringing you down... RECLAIM THE SPACE YOU ALREADY HAVE AND FALL IN LOVE AGAIN with the home you already own!

Follow these simple steps to make your home work harder to meet your needs:

1. **Prioritize:** What areas bug you the most? What are your trouble spots? From that list, which area, when improved, would have the biggest impact on your life?
2. **Look with an Outsider’s Eyes:** Pretend you’re a stranger coming into the house- what do you notice? You can even ask a friend to help with this part... they will notice piles or unnecessary objects better and faster than you will.
3. **Systematize:** What works and what doesn’t work in the space? Create systems to help alleviate problems, such as putting baskets to corral errant shoes near a doorway or designating a home for newspapers and magazines that are always lying around.
4. **Organize:** Get rid of things that you no longer need, are broken or don’t serve a purpose. Keep only what you need, think to be

beautiful or love. Sort and purge to lighten up and focus on what’s really important in life. Do you want to constantly pick hundreds of toys around the house? Or would you rather spend that time playing with your children?

5. **Recognize when you need help:** Often we need another person to give opinions or to help keep the project moving along; enlist a friend or call a professional organizer. For a fraction of the cost of a new home, a professional organizer can help you transform your space and inspire you to do amazing things. I have worked with families to reclaim toyrooms, gamerooms, bedrooms, garages and many other spaces. Recently, one mom was overjoyed to see that her six-year-old daughter sat for two hours playing happily on her own because now she had the space to set up her Littlest Pet Shop “village.” That same sweet girl also told her mom how happy she was to be able to do a cartwheel in her room again without hurting herself!
6. **Realize the gain:** Congratulations- you’ve just made a major improvement to your home! You’ve reclaimed space you already own, without the cost and hassle of relocating. You’ve fallen back in love with your home, saving yourself thousands of dollars.



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Tax Tips

Submitted by John Harris

It's tax time and there are many new tax provisions relating to your 2008 return. Let me go over just a few of these.

1.) For the first time, you can deduct up to \$1000.00 of your real estate taxes even if you do not itemize your deductions.

2.) There is another huge change in casualty losses. Having come from Florida, I am very familiar with hurricane losses. For the first time, you can deduct a casualty loss in federally declared disaster areas, even if you do not itemize, and if you do, it is not subject to the previous 10% of adjusted gross income threshold. In other words, if you had damage from hurricane Ike, and most people had some damage or loss, you may get a tax deduction for your loss. These losses may include anything from roof and fence damage to loss of food in your freezer.

3.) You may also qualify for last year's stimulus rebate check this year, even if you did not qualify last year. (A note on this, last year's check is NOT taxable this year, contrary to some rumors I have heard.)

4) They also raised the IRA contribution limit to \$5000.00, \$6000.00 if you are 50 years of age or older. I know many people lost much of their retirement values in 2008, but it is still a good idea to invest in your retirement accounts. You may want to consider investing in a more conservative investment, but you still should invest! Talk to your financial advisor.

5) If you own your own business, it is still not too late to set up a SEP retirement plan for your business and get a deduction up to \$46,000.00 for 2008.

6) Lastly, the standard mileage rate for 2008 is broken down into two parts. From January 1 to June 30, it is 50.5 cents per mile and 58.5 cents per mile driven during the rest of 2008.

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meet our team

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Quoc Le, MD

Alex Nguyen, MD

Blandina Sison, MD

Marian Allan, MD

Anthony Yee-Young, MD

Diana Malone, MD

Shital Patel, MD

Heidi Nashed-Guirgis, MD

Luz Marquez, MD

Jennifer Dong, MD

Haley Nguyen, MD

Tami Berckenhoff, PA-C

Brandi Valenzuela, PA-C

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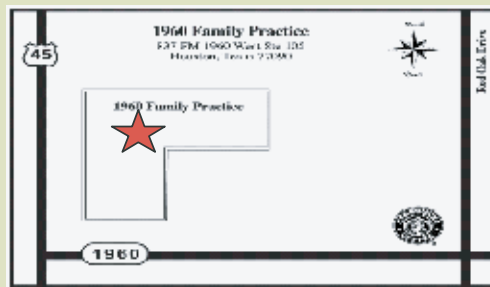
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Lakes on Eldridge North

Financial Corner

Submitted by Rich Keith

Rollover your 401(k)?

You have several choices when you retire or change jobs. You can move your assets into an IRA, roll your assets to a plan with your current employer, keep your assets in your former employer's plan, or take your distribution in cash (withdrawal penalties may apply).

Simplifying your finances is an important part of a sound financial strategy. By bringing your old 401(k)s and IRAs together, you can manage your retirement savings more efficiently. You can first decide if a rollover is right for you by determining if consolidating your retirement savings into an IRA or 401(k) makes sense, in light of your specific needs and situation.

Consolidate in an IRA if you want:¹

- A more complete view of your financial picture, making it easier to maintain appropriate asset allocation
- Freedom from restrictions that may be present in your workplace savings plan
- Access to a full range of mutual funds, stocks, bonds, CDs, and other investments
- The ability to withdraw penalty-free for a first-time home purchase or qualified education expenses
- More flexible distribution options for beneficiaries

Consolidate in a workplace savings plan (e.g., 401(k) plan) with your current employer if you:¹

- Need additional asset protection from creditors
- Will need to take a loan from this plan (if allowed by your employer)
- Are over age 70½ and want to defer your required distributions
- Invest in specially-priced or custom investment options or use managed money services in your plan (and the benefits of these options outweigh those of an IRA)





Leave your assets in your former employer's plan if you:¹


- Stopped working for that employer by at least age 55 and are not yet 59½, need to withdraw funds for an immediate need, and don't want to incur an early withdrawal penalty
- Take advantage of specially-priced or custom investment options or managed money services in your plan (and the benefits of these options outweigh those of an IRA)

"Cashing Out" of a 401(k)

Depending on your plan and your situation, you may choose to

(Continued on Page 15)

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Financial Corner- (Cont. from Pg 14)

take the money out of your 401(k) plan. If you cash out, you will gain immediate access to your money, which may suit your needs if you face an unexpected hardship. However, before age 59½, a 10% withdrawal penalty may apply, and your cash distribution will be subject to state and federal taxes. Of course, your money will also no longer have the potential to continue to grow tax-deferred.

Next step: Check with your financial professional to help you make the right choices for your specific situation. Sources: Fidelity Investments, Financial Industry Regulatory Authority. Note 1: You should also consider the impact of Net Unrealized Appreciation (NUA) if you hold company stock in your workplace savings account.

Pet Corner

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

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The Tall Pines Quilt Guild of Huntsville Texas is hosting "The 8th Annual Airing of the Quilts Outdoor Quilt Show"

Saturday, May 2nd from 9 a.m. to 4 p.m. on the square in Historic Downtown Huntsville, Texas. The **LARGEST** outdoor quilt show in the state of Texas, **quilts will be on display on the Walker County Courthouse** and other buildings on the square. **The event is fun, FREE and open to the public. Rain or shine, come for the fun; stay for the quilts!**

Opportunities are available for quilters across the state to display and/or sell quilts. More info may be obtained at www.tallpinesquiltguild.com. Fabric Carousel: (936) 295-8322. or call Dani Ducic: (936) 295-2150 at the Huntsville Main Street Programming Office.



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Lakes on Eldridge North

Going Green is Easy with Hot, New Products at the Second Annual Cy-Fair Home and Garden Show

The Berry Center - Saturday and Sunday, March 14-15

No time like the present to turn over a new leaf, and the Second Annual Cy-Fair Home and Garden Show will be brimming with hot, new products and ideas to make your dream home a green reality.

Angelique Grado of Green Builders Source will be one of several featured speakers at this exciting springtime event. Grado is bringing a truckload of the latest products to the Show, along with her eco-friendly expertise and ideas.

One of the new products Grado will be showing off is Bekaert solar window films. "These films allow in almost all visible daylight to naturally light your home," she said, "but they filter out all the radiant heat that comes with the sun." These features result in improved comfort, year-round; protection from ultraviolet damage; and impressive energy savings.

Cork flooring is gaining popularity across the country, but many homeowners know little about it. Cork floors allow homeowners to enjoy a certain bounce to their steps while resisting accidental moisture. As Grado explained, "Cork flooring is much like the cork you find in wine bottles. It expands into the space and holds back liquid. This comes in handy if you use the space for family meals, entertaining, or have kids."

Marmoleum click flooring is another new option for green environments that is easy to design as well as to install. This ecologically produced natural linoleum on high-density fiberboard with a cork layer comes in 12 x 36-inch panels or 12 x 12-inch squares in a patented click system. "Our customers like this product for hallways, kitchens and kids' rooms, where traffic is heaviest," said Grado, a sustainability-conscious environmentalist, wife and busy mother.



For green-minded fitness buffs, Windstorm's Bike Generator offers still another opportunity to conserve energy while burning calories. "Recently, one of our builder-clients purchased one of these generators for a client who had an exercise room," Grado said. "They hooked up a stationary bike to the generator and during the client's workout, she generated enough energy to run all the electronics in the room, including the plasma TV, kids' computer games, lighting and other exercise equipment."

Woodworkers and furniture builders will want to check out the incredible textures and grains of Kirei Board (kee-ray), a strong, lightweight, durable and environmentally friendly wood substitute. "Our customers are using this exotic new product for furniture, cabinetry and interior design elements," Grado explained, "It's manufactured from reclaimed sorghum straw and non-formaldehyde adhesive, which means it's rapidly renewable, as well as a unique option for furniture-grade wood."

For kitchen countertops, consider The Green Builders Source selection of Ice Stone products. "Ice Stone is made from 100 percent recycled glass and concrete and comes in 27 colors. It can also be used for backsplashes, bathrooms, vanities, shower

surrounds, table tops, bar tops, bathtubs and kitchen sinks," Grado explained. "Eco-friendly, sustainable and green, this product diverts thousands of tons of trash glass from our landfills," she added, "and has the look of the old terrazzo."

DYNAMIC LINEUP OF SPEAKERS

Other speakers at the Second Annual Cy-Fair Home and Garden Show

include Peggy McGowen, ASID, CMKBD, kitchen and bath expert; LaVerne Williams, green architect; Michael Strong, co-host of Home-Improvement Hotline on the 9-5-0 AM; Randy Lemmon, GardenLine host, 740 AM NewsRadio; Michael Garfield, the High-Tech Texan, The 9-5-0 AM; Linda Durham, organizing guru; Brenda Beust Smith, Q&A with The Lazy Gardener; Charlotte Lampe, new products and interior design; Green lighting efficiency expert with Carol's Lighting; Dan Marshall, with Innovative Skylights & Attics; and John Ferguson, gardening with organics.

Show Information:

The Second Annual Cy-Fair Home & Garden Show features over 200 top-quality exhibitors and takes place Saturday, March 14, 9:00 a.m. – 7:00 p.m. and Sunday, March 15, 10:00 a.m. – 6:00 p.m. at the Berry Center, 8877 Barker Cypress Road (corner of Barker-Cypress and West Road), Cypress, Texas 77433. FREE parking is provided by AM 740 KTRH.

Admission is \$9 for adults, \$7 for seniors, and children under 12 are admitted free.

\$1.00 discount coupon can be downloaded at www.CyFairHomeAndGarden.com, where speaker schedule and a list of exhibitors is also available.

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Healthier Homes - Spring Cleaning

Submitted by Charlie and Michelle Bubnis

It is that time of year again to begin spring cleaning and getting the house freshened up. When cleaning its important that you clean safe. Cleaners that contain disinfectants either serve as antiseptics or sanitizers. Antiseptics disinfect skin and mucous membranes and are less harsh than sanitizers that disinfect inanimate surfaces. Their purpose is to kill bacteria, protozoa and fungi. They are antimicrobial.

There are three main types of disinfectants:

1. Phenols - found in Lysol
2. Halogenated compounds – such as bleach and chloramines found in drinking water
3. Quaternary ammonium salts – found in detergents

Disinfectants are regulated by federal law because they are the form of pesticide that people are exposed to the most. They have an impact on indoor air quality in the home that can be detrimental to human health. The “smell of clean” is not necessarily a good thing...rather it is often the sign that toxic chemicals are being released into the air. The “smell of clean” should have no smell like fresh, outdoor air. Once these antimicrobials are rinsed down the drain they can accumulate in aquatic environments and end up in waste water treatment plants.

The National Association of Clean Water Agencies (NACWA) is concerned that the disinfectants in the wastewater could harm

microbes in activated sludge which is a biological process that treatment plants use to clean up wastewater. Some healthier disinfectant options are to use hydrogen peroxide 3% in a spray bottle (wipe down) followed by vinegar in a spray bottle (wipe down). Another alternative is Borax or a borax spray made by mixing 2 tablespoons of borax with ¼ cup of lemon juice and 2 cups of hot water in a spray bottle and use as any commercial all-purpose cleaner. This will not have the detrimental impact on indoor air quality and on wastewater that is rinsed down the drain.

Remember, no legal requirements exist for listing ingredients on the labels of household cleaning products. Many companies voluntarily provide Material Safety Data Sheets (MSDS) for products but they can be incomplete. These MSDS sheets do not list carrier chemicals such as phthalates which you have heard a lot about in the news lately nor do they specify fragrances.

It is time to consider spring cleaning a healthier way!

Resources:

- Less Toxic Alternatives by Carolyn Gorman 2004
- www.womenandenvironment.org – safe cleaning products initiative to reduce women's exposure to toxic chemicals in cleaning products.



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Lakes on Eldridge North



Don't Become a Statistic!

Submitted by Allison Weaver

Statistics tell us that the number of new gym memberships skyrocket in January and plummet by the end of March. The same holds true for some who go it alone and start a brand new regimen with their family, friends, or private trainers/classes.....do NOT become a statistic!! You can do this – you can keep it going! Restart, take a different tact, try a new food, start getting outside again and be rejuvenated when the sun comes out – whatever it takes. It is never over when you make a mistake, fall off the horse, eat a pan of brownies, or otherwise bring to a halt your journey toward a full, vital, healthy lifestyle. It is also never too late to begin again.

Re-check your fitness routine. Is it realistic? What is your schedule really like? Do you need to get yourself to bed 15 mins earlier so you can wake up earlier to get a jump start on your day? 15 minutes of stretching, jumping jacks, pushups, and crunches will do wonders to start those endorphins rushing and really begin your day with a bang! How about lunch? Can you eat a salad at work and go for a walk after? How about the stairs? Are they accessible? Ask your “pod buddy” if they want to see how many more flights you can climb in one week.

After Work: Play softball with the kids in the yard. Throw a few sprints in between pitches. Pitch/hit 3 times – 5 sprints....great together time, practice time and great cardio!

Split training such as this is proven to be at least as effective as, if not more so for some, than a straight hour or two of non-stop training.

Re-check your goals: Are they attainable? How much time have you allowed for planning your groceries, lunches, family dinners? How about your work out routine? Is it written down? Is your routine in bite-sized pieces (pun intended!) or is it more broad spectrum? Remember to be specific in your goals. If your goal is to add 2 minutes to your run tomorrow; that's great! It's a specific

goal, time measured, and attainable. But don't stop there.....once you reach that one, set a higher goal, larger than the last, loftier each time. Before you know it – you're hiking in the Rockies!!! It really is doable. You really can do this!!

Are you bored with what you're doing? Shake things up a bit; get some roller blades, a bike (with a helmet), find a fitness class that can be your “night out” with friends. You'll be surprised at how much fun you really can have in the name of exercise!

Are you bored with what you're eating? Salad does not have to be your main course everyday. How about some grilled chicken with mango salsa? Try adding chipotle sauce to a dish (like broccoli)– incredible roasted, smoky flavor with a great kick! No time for fish? There are great frozen Salmon and Tilapia filets, add a little lemon pepper sprinkle, maybe even a light Italian dressing, keep it going with steamed asparagus, and Voila! A beautiful, healthy, and tasty almost instant meal. We are aesthetic creatures, so “eating the rainbow” will add pleasure to the eyes as it adds nutrition to the body. Incorporating red bell peppers, yellow bell peppers, maybe some portabella mushrooms to brighten up and change a dish in color, flavor and texture. Just a spray of Olive oil in a pan and a few minutes on the stove, and you're in business. Remember: Always keep your food as “close to the tree” as possible. That means eat it as God made it; not after it's been processed. This will keep you healthy for life. If you have to wonder – it's probably processed!

You do not have to re-invent the wheel – just keep healthy cookbooks handy, save your favorite fitness websites on your “bookmark” tab, so with a quick turn of the page, or click of the mouse you will add new dimensions to your personal and fitness and nutrition! You can do this – yes you can!!!



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It's Golf Tournament Time!

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Come have a complimentary lunch with no obligation with the Cy-Fair Kiwanis Club. We meet three times a month at the Hearthstone Country Club in Hearthstone from 12:15 p.m. to 1:15 p.m. for lunch, and programs including guest speakers on subjects of concern to the community and individuals. Enjoy fellowship with our members, an informative program, and an opportunity to learn more about our organization. Reservations are not required. The Club will meet on March 3, 10, and 17th.

Membership in Kiwanis is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more about Kiwanis and the service programs it promotes, call John Carroll at 281-463-0373



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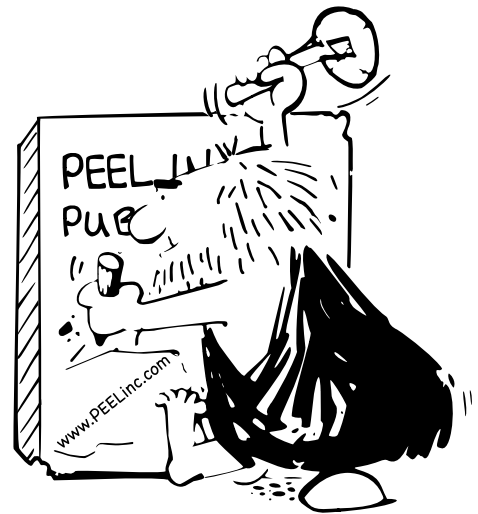
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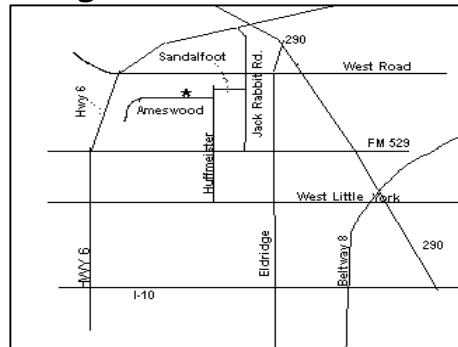
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A black and white photograph of Michael Banh, a man in a white shirt and dark trousers, standing in front of a brick house. He is holding a large sign that says "SOLD" and "WE CAN SELL YOURS". To his left is a real estate sign for Michael Banh, Realtor, with the phone number 281-701-7666 and the website www.michaelbanh.com. The house behind him has a brick facade, a large arched window, and a dark door. A sidewalk leads to the door, and there are some bushes and a small tree in the yard.

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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.**

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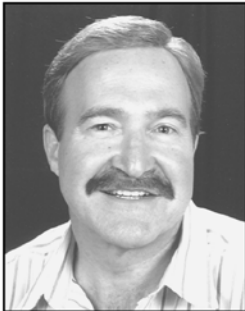
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