

Volume 8, Issue 4 April 2009



SWANS CAN BE DANGEROUS

It's springtime again, and you can expect to see some new arrivals of cygnets on our lakes. Mother Nature provides our LOE swans with some common sense. At this time of year they feel the need to protect their territory against predators including humans, dogs, and waterfowl. Our cob (male) will become aggressive and territorial in trying to protect his pen (female) and nest. This is usually temporary until mating season is over. If you are walking past a lake and a swan swims to your side and follows you, BEWARE! If you see a swan with his neck back and feathers up, like in this photograph, please stay away, do not attempt to feed him, and walk on the other side of the street as he is in his ATTACK position. Please warn your nannies and sitters not to stroll babies around the swans. We must try to remember that the swans are merely protecting their territory and readying the area for their young. We need to be as cautious of them as they are of us. Thank you for your cooperation.

REMINDER

Waterfowl Cruelty is a FELONY

Mistreating or injuring the waterfowl is a FELONY according to the Texas Wildlife Department. Children have been seen in the past poking sticks at the swans and throwing objects at them. The police will be called on any person taunting or throwing items at any waterfowl no matter what their age. Remember this is a FELONY, which will remain on one's police record for a long time. Please warn your children to leave the waterfowl alone. They are here to add beauty to our neighborhood, not to be injured. Should any resident see mistreatment of the waterfowl, call the police first, and then call AMI who will give you the number of the people who are caretakers of the waterfowl.

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IMPORTANT NUMBERS

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Harris Co. Sheriff - (non-emergency)							
Cy-Fair Fire Department - (emergency) 281-466-6161							
(non-emergency) 281-550-6663							
Poison Control1-800-764-7661							
Texas DPS713-681-1761							
Waste Management713-695-4055							
(trash collection Mondays & Thursdays)							
Aqua Services							
(Service or emergencies 24 hrs)713-983-3604							
Harris County Tax Office713-224-1919							
Reliant Energy							
(give pole # of street which is out)							
Entex (gas)							
Time Warner Cable713-462-9000							
Houston Chronicle							
Metro Transit Info713-635-4000							
Kirk Elementary							
Truitt Middle School							
Cy-Falls High School281-856-1000							
Newsletter Publisher							
Peel, Incadvertising@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.

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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 <u>articles@PEELinc.com</u>.

Submissions must be received by the

15th of the month for the following month's issue.

(Advertising deadline is the 10th of the month.)

For up-to-date announcements and information check our neighborhood website: WWW.LOENHOA.COM



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LAKES ON FLDRIDGE North

2007 vs 2008

Price Range	Under	500K	\$500,000 t	o \$799,999	\$800,000 Plus		
Year	2007	2008	2007	2008	2007	2008	
Number of Sales	65	67	13	7	1	2	
Avg. List Price	\$398,864	\$394,647	\$583,884	\$585,427	\$919,000	\$912,000	
Avg. Sales Price	\$390,623	\$385,642	\$569,269	\$574,642	\$880,000	\$835,000	
Avg. Sq. Footage	3,568	3,467	4,499	4,599	4,975	4,943	
Avg. Price per Sq. Ft.	\$109.48	\$111.23	\$126.53	\$124.95	\$176.88	\$168.93	
Days on Market	38	47	52	44	974	312	
SP/LP Ratio	98%	98%	98%	98%	96%	92%	

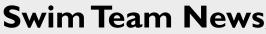
All information based on HAR/MLS data 01/01/07 to 12/31/08.

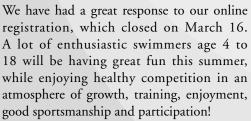
If you are considering selling, I would love to interview for the job and review the specific information related to your home.





Lakes on Eldridge





The LOEST Board has been working very hard to make the 2009 season another roaring success! Please mark your calendars for these upcoming events:

The Board Position for Secretary/Hospitality is still open. This is a great opportunity to get involved and help to make LOEST a continuing success! If you 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.

LOE Dolphins 2009 Calendar

APRIL

- 19 Parents Meeting/family Meet & Greet Party (3-4 Hrs)
- 20-24 Swim Clinic
- 27 First Day Of Swim Practice

MAY

- 2 Time Trials Concord Bridge- Loe Pool (Finish By 3)
- 4 Pictures No Swim Practice
- 15 Pep-rally (7 9)
- 16 Home Meet Fairfield (Finish By 3 Pm)
- 22 Pep-rally (7-9)
- 23 Away Meet Deerfield
- 25 No Swim Practice Memorial Day
- 29 Pep-rally (7-9)
- 30 Away Meet Norchester

JUNE

- 5 Pep-rally (7-9)
- 6 Home Meet Concord Bridge (Finish By 3 Pm)
- 12 Pep-rally (7-9)
- 13 Away Meet Jersey Village
- 19 Last Day Of Swim Practice
- 20 Divisionals Fairfield
- 22 Banquet Cy Ridge High School
- 23-25 Swim Practice For Swimmers Qualifying For Rw&b And Ponderosa
- 26-28 Rw& B Cy-springs
- 27,28 Ponderosa Klein High School

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Spring Is In the Air

Time to Start Your Own Organic Garden

Submitted by LCRA

In a world of iPod's, computer games, and DVDs, gardens are our nearest gateway to nature. Planting an organic garden with your family or friends builds relationships as well as stronger connections to the land, weather, and plants of Texas.

When looking for a garden site in your yard, choose an area with a good six to eight hours of sunlight and access to water. If you have shallow or poor soil, consider creating raised beds. Decide the garden's design by drawing shapes on paper and thinking about how you might arrange flowers, herbs, and vegetables within those shapes.

You may want to read through regional gardening books and seed catalogs when choosing plants. Native plants will be much easier to grow and keep healthy, and native flowering plants attract hummingbirds and butterflies. Avoid toxic plants, and consider aromatic herbs and edible plants. If you choose to start some plants from seed, create garden markers using either names or drawings to

help recognize the plants when they germinate.

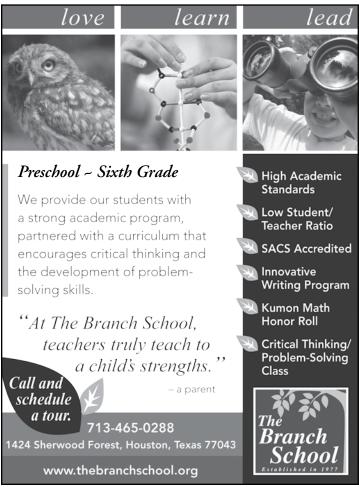
Find sturdy gardening tools. Many nurseries and garden centers sell spades and rakes in various sizes - make sure you find one that fits you best. Avoid digging with hand trowels unless the soil is very friable, or you are working in pots—small hands and wrists tire easily.

Use soaker hoses with timers to keep soil moist while your seeds are germinating. Keep a calendar to record when you plant seeds and when they germinate. Place a rain gauge in the garden to keep track of showers. Find a magnifying glass to peer at leaves, flowers, and insects in your garden.

Keep your garden safe for everyone by avoiding the use of toxic landscape chemicals. Visit www.growgreen.org for information on less toxic landscaping.

Finally, celebrate your harvest of wildflower bouquets, herbs for cooking, and tasty vegetables. Organic gardening is a lot of fun and very rewarding.







Cy-Fair Community Health and Wellness Expo

Plans are well underway for the Cy-Fair Community Health and Wellness Expo, which will be held Saturday, May 16th at the Berry Center, 8877 Barker Cypress Road from 10 a.m. to 3 p.m. This free event will focus on emphasizing the significance of living a healthy lifestyle for people of all ages.

Activities include elementary school choirs, sport stackers, jump rope, and other performance teams. From outside of the district we'll have cooking demos by Clive Berkman, author and chef, a milking cow, dance and exercise demos, martial arts, a bike safety rodeo for K-8th (bring your bike and helmet!), bowling, athletic wear fashion shows, fire department and water district demos, speakers on wills/probate/guardianships, finances/budgeting, internet child safety/stranger danger and more!

Additionally, more than 75 vendors will set up booths in the Berry Center to help educate the community on mental, physical,

spiritual, financial and environmental health and wellness.

A blood mobile will be on site to sponsor a blood drive and free health screenings will be provided by the doctors and medical personnel from various healthcare groups.

To promote environmental health, a recycling drop-off site will be available through CFISD's recycler Abitibi, Houston Computer Recycling, and Sustainable Living in Houston. These groups will provide a drop-off area for electronics, household batteries, paper, plastic and aluminum. In addition, the Lion's Club will be inside collecting used or broken eyeglasses for their worldwide distribution to those in need of optical assistance.

For more information visit the Cy-Fair ISD website at www.cfisd.net and www. cyfairhealthexpo.org. If you have any questions, please call 281-517-2043.



The youth of St. John are hosting a garage sale to raise funds for their mission trip this summer. Everyone welcome! If you wish to purchase a spot to hold your own sale or for more info call 281,373,0503.



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PRESEASON ANNOUNCEMENT 2009

Greater Houston Pool Management, Inc.

Greater Houston Pool Management, Inc. was founded on three guiding principles: safety, customer service and cleanliness. With safety as our # 1 priority, we spend a great deal of time, energy and money making sure that every GHPMI team member has the appropriate tools to be successful. We also feel it's important that when you visit the swimming pool, you are greeted by a smiling, friendly, and professional lifeguard team. Equally as important to us is the overall cleanliness of your facility. Clear and properly maintained pool water, clean and pleasant smelling restrooms, and a debris free pool deck are qualities that top our expectation list.

Our team has worked diligently in the off season to provide a facility you can proudly visit. The GHPMI Activities Department is excited to offer your community programs that will help enhance your family's summer experience. GHPMI provides a variety of programs, such as: group and private learn to swim classes, Guard Start, water aerobics, pool parties and more. For a detailed list of what is available at your facility please visit us at www.takeaswimlesson.com for classes, and www.haveapoolparty.com for pool parties. If something is not offered at your facility, please let us know. We make every effort to accommodate all requests. We want your visit to the pool to be a safe and positive experience.

We at GHPMI feel that communication



plays a very important role to the overall success of the summer swim season. Every year we receive compliments on our proactive and preventative approach. By taking preventative measures we feel that you and your guests will have a sense of real comfort while visiting your swimming facility. We understand that communication is a two way street, and appreciate any and all questions, comments and/or concerns you may have throughout the summer. Therefore, please don't hesitate to contact our office at anytime, 713.771.7665. You may also visit us online at www.greaterhoustonpool.com. Also, please take the time to introduce yourself to your lifeguard team. We truly enjoy getting to know the members we so proudly serve.

Finally, allow us to start the swim season off on a positive note by providing some valuable safety reminders. With your support we are confident that the 2009 swim season will be a safe and positive experience for all.

- Parents must closely supervise their children at all times. Remember, it only takes seconds for a child to drown.
 - Do not dive in areas marked "NO DIVING". Nearly 90 percent of all spinal injuries occur in the shallow end of the pool.
- Breath holding games can be very dangerous and may cause cardiac arrhythmia or seizures. Games like who can hold their breath the longest, and swimming the longest distance underwater should be avoided at all times.
- Don't allow children to play with or around the main drain. The main drain suction can be very powerful, and has been known to cause severe injuries, and in some cases death.
- The safety of the children in the baby pool is the parents' or guardians' responsibility.
 The lifeguards will always enforce the pool rules throughout the facility, but children who cannot swim must have an adult within arms reach at all times.

(Continued on Page 10)





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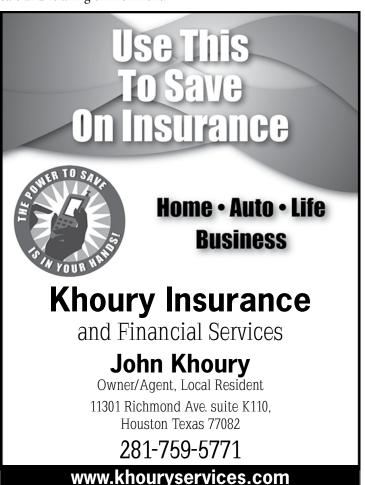


Preseason Announcement- (Continued from Page 8)

The same rule applies even if the child is wearing a floatation device.

- Define a safe zone for your children where they can always touch the bottom. One of the most common saves a lifeguard must make is when a swimmer strays to an area that is too deep for them to stand.
- Access rules to the facility will be strongly enforced and is the responsibility of each member to understand and follow. It is a very awkward and uncomfortable situation for everyone, when a lifeguard must ask a member to go back home to get the appropriate access tag.
- Remember that there are several different types of people who like to use the pool throughout the summer. Both young and old, everyone wants to have a good time.
- If you should ever have a question about the pool rules, ask a lifeguard or manager. It is better to be safe then sorry!
- Help educate you community members and their guests on water safety. A team approach towards safety will offer a safer swimming environment.

The GHPMI Team is extremely excited to be servicing your community for the 2009 swim season. We sincerely look forward to successfully operating your swimming facility, while offering a safe and relaxing environment.



Sustainable Living Houston Kicks Off National Bike Month!

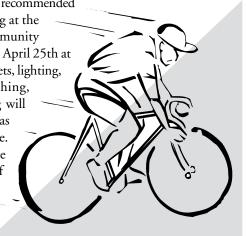
On Friday, May 1, 2009, residents of Cypress, Texas, will bicycle from the Coles Crossing subdivision to the nearby METRO Park & Ride and transit oriented development. By riding bikes to the Park & Ride, and then taking the #217 METRO bus to their work locations, the residents will complete a long-haul, 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.



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Texas Terrapins Swim Team (TTST)

The Texas Terrapins Year Round Swim Team (TTST), located in Northwest Houston is very proud of many of our swimmers who have done an outstanding job this season. They have achieved so many personal bests and earned many awards (some were medals and lots were ribbons). We are especially proud of Abbie Jones (11) of Keith Elementary who qualified for the prestigious Texas Age Group Meet (TAGS) in March as well as Derek Miller (15)

and Michelle Scott (15) of Cy-Ranch High School who both qualified for High School Regionals. Both Michelle and Derek swim year round with the Terrapins while also training with Cy-Ranch. Congratulations to all of you for a job well done!

Our Short Course Season has come to an end, but the fun does not stop! We are



inviting our swimmers and their families to a top notch celebration at Lindsay Lakes on Saturday, March 28, 2009 at 6:00 p.m.. We will have tons of food, music, dancing and awards, so we encourage all of our swimmers (new and old) to come 'dressed to impress' and get ready for a night full of excitement and fun!

Lastly, TTST is very excited to announce our first ever Jump Start Program, which is geared towards preparing swimmers for summer league...whether they can barely make it across the pool, or are seasoned with all four strokes, we have a place for them. The program starts now and runs through mid March to late April, however will have many Summer League swimmers continue to practice with us even

after Summer League has begun.

For more information about the Texas Terrapins Year Round Swim Team, Jump Start and Learn to Swim programs, log on to www.texasterrapins.com. Remember, you can join our team at any time!



When you're a kid, spring means spring break — time to get together with your friends for some serious fun. But when you're a little older, it turns into spring cleaning — time to get together with your mops and pails and rubber gloves for some serious cleaning.

Not fair? Then just spring yourself from the hassles of housecleaning and call in The Maids!

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Relationship Style

Submitteed by: Mindy Ferguson Copyright 2009 © Mindy Ferguson, All Rights Reserved.

Therefore, as God's chosen people, holy and early loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Bear with each other and forgive whatever grievances you may have against one another.

Forgive as the Lord forgave you.

And over all these virtues put on love, which binds them all together in perfect unity.

—Colossians 3:12-14 (NIV)

Disagreements are inevitable. But if we clothe ourselves with the proper wardrobe, we can often come through conflict with deeper, more meaningful relationships. As we encounter conflict we need to take a look in our relational mirrors and make sure we wear...

- Compassion ~ We clothe ourselves with compassion by choosing to keep our hearts tender toward the needs and feelings of others. We should make an effort to understand any need that isn't being met or possible emotions that might be fueling the disagreement. If we can make changes that will meet more needs, make them. If not, at least take the time to listen to and acknowledge the feelings of those involved in the conflict.
- **Kindness** ~ We clothe ourselves with kindness by choosing to maintain a steady disposition toward those with whom we disagree. This word kindness doesn't just mean being friendly or speaking graciously. According to Strongs Exhaustive Concordance, this word in the original language means "moral goodness, integrity, benignity, and kindness." It means that we are trustworthy, steady, and reliable women of integrity and grace- even amidst conflict.
- Humility ~ We clothe ourselves with humility by choosing to focus more on understanding other perspectives than asserting our own opinions. Jesus is our ultimate example of humility. Philippians 2:5-7 says, Your attitude should be the same as that of Christ Jesus: Who being in very nature God...made himself nothing, taking the very nature of a servant, being made in human likeness. As His servants, we also need to be willing to empty ourselves of our own agendas, motives, and selfish desires and remain open to the opinions and thoughts of others.

- **Gentleness** ~ We clothe ourselves with gentleness by choosing to protect the dignity of everyone involved. When we display gentleness, we choose not to embarrass or publicly humiliate others. We need to maintain a mild, soothing nature that draws people to us, puts them at ease, and opens lines of communication. Gentleness enables people to feel safe around us.
- Patience We clothe ourselves with patience by choosing to forgive those who have hurt our feelings. We need to forgive as the Lord forgave us. We foster patience by recognizing our own imperfections and the abundant mercy we've received from God. We've all been forgiven much. How can we refuse to forgive someone else? We need to "bear with each other" and learn to tolerate faults and be merciful toward offenses.
- Love ~ We clothe ourselves with love by choosing to put our energy into restoring relationships. Throughout Scripture, whether God was blessing His people or disciplining them, He was always acting in order to restore them. Even before Adam and Eve sinned in the Garden, God already had a plan in place to restore relationship with them as well as us. God is love. His unfailing love is expressed by His relentless desire to restore relationship. As we encounter conflict, our primary focus should be continually working to restore relationships with and between others.

In all of our dealings, we are to clothe ourselves with compassion, kindness, humility, gentleness and patience. We are to bear with one another, sporting forgiveness and tying everything together with a covering of love.





Tim Ziifle

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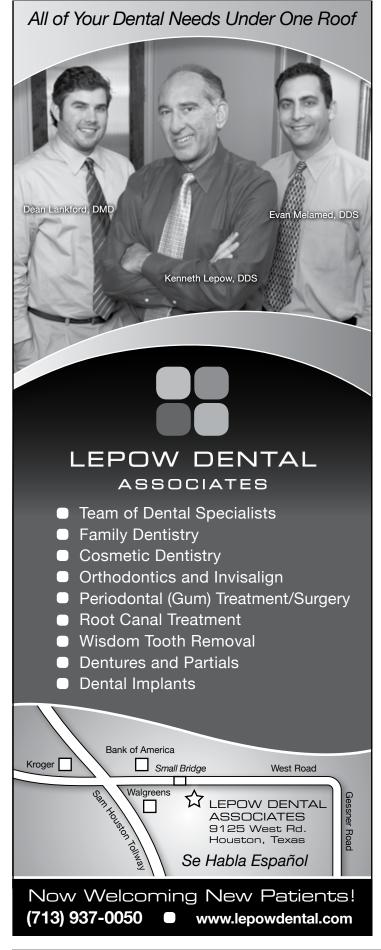
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BOOK FAIR

Benefiting The Pearl Fincher Museum of Fine Arts

Barnes & Noble Book Sellers at Champions Village will be sponsoring a Book Fair May 2 & 3, 2009. This is an opportunity for our community to support the Pearl Fincher Museum of Fine Arts (the Pearl) at no additional cost while shopping at Barnes & Noble. Winning art from the Pearl's 2009 Student Art Contest will be on display at Barnes & Noble on Saturday, May 2. There will also be an art project for the kids and balloons.

Please support the Pearl by shopping at Barnes & Noble at Champions Village, 5303 FM 1960 West, for all of your book needs. For these two days, you can use a special Book Fair voucher that is available on line at www.pearlmfa. org. Or if you forget your voucher, just let them know at checkout that you want to support the Pearl. It is that easy. A small percentage of all your in-store purchases (including cheesecakes) will benefit the Pearl. Just remember, you must either submit the voucher at time of purchase or tell the cashier that you want your purchase to support the Pearl.

Cheesecake Factory cheesecakes are available from the Barnes & Noble Café and can be pre-ordered for pick-up and paid for on May 2 & 3. This is a delicious and easy Mother's Day dessert and supports the Pearl Fincher Museum of Fine Arts at the same time. Cheesecakes can be frozen for later use.

Please stop by Barnes & Noble during our Book Fair. It is a great opportunity to learn about our wonderful fine arts museum right that is right here in the Cypress Creek area and to support the museum at the same time. For more information, please visit us online at www.pearlmfa.org or call 281-376-6322.

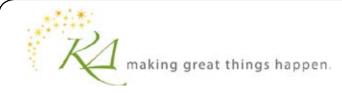


Ram Athletes Charging to College Scholarship Dinner and a Show!

Make plans to attend the Cypress Ridge Rams Athletic Scholarship Dinner and Show on Wednesday, April 22 at 6:30 p.m. Dinner will be served by Carl's Barbecue and the evening will feature performances by the Cypress Ridge Dazzler Dance Team, Mighty Ram Band and Cheerleaders, along with a special performance by the faculty band, Staff Infection. All proceeds will go directly to the Rams Athletic Scholarship Fund, providing college scholarships for male and female athletes. Pre-sale tickets are \$10 and \$12 at the door. Order yours today by contacting Belinda Kubeczka at 281-807-8024 or Belinda.kubeczka@cfisd.net. Cypress Ridge High School is located at 7900 North Eldridge in Houston. Don't miss the fun and the opportunity to support our Ram athletes charging to college.

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.



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.

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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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Be a Volunteer Firefighter

The Cy-Fair Volunteer Fire Department is currently accepting applications at all its fire stations for new volunteer firefighters. The Cy-Fair VFD provides community based fire, EMS, and rescue services for 156 sq miles of Northwest Harris County using 12 fire stations. We provide all the necessary training and equipment needed. We have members from all walks of life including doctors, lawyers, bankers, realtors, career firefighters, teachers, mechanics, welders, nurses, and stay at home parents. The only requirements are to have your high school diploma or GED, be 18 yrs old, and pass a drug and background check.

Stations meet on Thursday nights at 7pm to conduct training. Additionally, members are able to sign-up for duty nights to staff the station or respond from their home.

The Fire Department provides insurance and worker's comp coverage for members when they are performing Department activities. We also have a length of service program that provides a retirement benefit to members.

We will be hosting open houses this month to provide more information:

April 13th at 7pm: CFVFD Station 10 located at 11310 Steeplecrest and West Rd (just West of Jones Road)

April 19th at 7pm: CFVFD Station 11 located at 18132 West Rd approx. 1 mile west of Barker-Cypress near Lone Star College-Cy-Fair

April 21th at 7pm: CFVFD Station 9 located at 7922 Hwy 6 and Longenbaugh

You may also call our Office at 281-550-6663 or visit us online at: www.cyfairvfd.org

Pet Corner 📽

Now that Spring is upon us and the weather is pleasant, most of us will be outside more often and taking our pets walking with us. To most of us, pets are members of the family and sometimes forget that even though our "best friend" won't snap at us, he or she may snap at an unfamiliar face. Harris County law and your Governing Documents require that when your pet is outside the confines of your property, he or she must be leashed and under the direct supervision of a responsible person.

Cy-Fair Community Emergency Response Team (CERT)

Cy-Fair CERT now has over 200 team members in your neigh-borhood. The team members are not only from Fairfield/ Cypress area, but Alief, Katy, Bear Creek, Copperfield, Tomball, and Sugarland. More trained CERT members will be needed in each of these areas to form neighborhood teams.

CERT training is designed to prepare you to help yourself, your family, and your neighbors in the event of a catastrophic disaster. Because emergency services personnel will not be able to help every—one immediately, you can make a difference by using this training to save lives and protect property. For example, during and after Hurricane Ike members of the Cy-Fair CERT volunteered at the phone bank of the Harris County Office of Emergency Management, manned the federal PODs all over the county, distributed Meals on Wheels food, cleared debris in their communities, etc.

The 8-week course (24 hours of training) covers basic skills that are important to know in a disaster when emergency services are not available. You are taught skills about disaster preparedness, small fire suppression, urban search & rescue, medical operations and more. With training, practice and working as a team you will be able to do the greatest good for the greatest number of people after a disaster, while protecting yourself from becoming a victim.

In 2003, President Bush asked Americans to volunteer to serve oth¬ers. The Harris County Citizen Corps www. harriscountycitizencorps.com was created to help our citizens find volunteer and training opportunities. CERT training is just one of the programs created.

CERT training courses are provided throughout Harris County. There is no cost for this course. A backpack of emergency/medical supplies is provided to all CERT team members during training. This program is brought to you by Harris County Judge Emmett. The next CERT training class for the Cy-Fair area will begin on April 1, 2009 at the Lone Star College (Barker-Cypress campus).

For more information on how you can become involved in CERT contact Patrick Wong (Fairfield/Cypress Team Lead) at pcwong1@ earthlink.net. For more information on how you can register for the next training class contact Terri Pope-Mobley at tpopemobley@ yahoo.com.

Do You Have Reason to Celebrate?

We want to hear from you! Email <u>articles@PEELinc.com</u> to let the community know!

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Health Briefs

Baylor College of Medicine

SYMPTOMS POINT TO DIABETES

HOUSTON – Maintaining a healthy weight, eating a low-fat diet and exercising regularly can help prevent the onset of diabetes and the many side affects of the disease, say experts at Baylor College of Medicine. Those with a higher risk of diabetes, which include people who are overweight and those who have a family history of the disease, should also have their blood glucose levels screened regularly.

A fasting glucose level of 70 to 100 mg/dL is considered normal, 100-125 mg/dL is considered pre-diabetes condition and 126 mg/dL or above indicates type 2 diabetes.

SYMPTOMS OF DIABETES INCLUDE:

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Fatigue
- Lack of interest and concentration
- Blurred vision
- · Vomiting and stomach pain

FASHION CONSCIOUS MUST WEIGH HIGH-HEELED HAZARDS

HOUSTON – Does looking chic leave your feet screaming for help? Listen to them – not fashion pundits – for a change, says a foot and ankle expert.

Dr. John Marymont, associate professor of orthopedic surgery at Baylor College of Medicine in Houston, said that wearing a two-inch heel subjects the ball of your foot to 50 percent more pressure than flat shoes. High-heeled shoes do not usually have a foot-friendly design.

THE AMERICAN ORTHOPEDIC FOOT AND ANKLE SOCIETY, OF WHICH MARYMONT IS A MEMBER, SUGGESTS THE FOLLOWING WHEN CONSIDERING HIGH-HEELED SHOES:

- Don't choose a shoe based on its marked size; sizes vary among types of shoes and brands.
- Select a shoe similar to the shape of your foot.
- Try on high heels at the end of the day when your feet are at their biggest.
- The shorter the heel, the better.
- Limit wearing high heels to special occasions.
- Make sure your heel fits comfortably within the shoe with minimal slippage.

In other words, put your best foot forward by lending an ear to those podiatric pleas. Your feet will thank you for listening.

WITH SEASONAL ALLERGIES, THE EYES HAVE IT

HOUSTON – Eye allergies often show up at this time of year, but they don't have to keep you from enjoying spring, says a doctor at Baylor College of Medicine.

Symptoms of eye allergies, called seasonal allergic conjunctivitis, include itching, swollen eyes along with burning, tearing and discomfort. Yvonne Chu, assistant professor of ophthalmology at BCM, has some tips to ease eye allergies.

Use over-the-counter artificial tears to dilute and flush out allergens and to relieve itching and redness. Apply a cold compress to the eyes to ease discomfort and reduce puffiness.

Over-the-counter antihistamines that are designed to help nasal allergies can also help treat eye allergies. For more severe seasonal allergic conjunctivitis cases, an ophthalmologist can prescribe eye drops that block histamines from being released.

She also said to avoid rubbing your eyes. Even though it's a natural reaction, it will only make matters worse.

Don't let this time of year get you irritated: preventative measures and topical treatments can help allergy sufferers get the "spring" back in their step.

MANY EAR INFECTIONS CLEAR UP WITHOUT ANTIBIOTICS

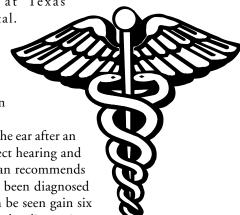
HOUSTON – Many children with ear infections are now being sent home from the doctor's office without a prescription for antibiotics.

While the traditional treatment for ear infections has been antibiotics, studies have shown that many ear infections improve without any treatment and with no complications, said Dr. Ellen Friedman, professor of otorhinolaryngology and pediatrics at Baylor College of Medicine in Houston.

"Decreasing a child's exposure to antibiotics is important because of the threat of antibiotic resistance caused by overexposure," said Friedman, also chief of pediatric

otolaryngology at Texas Children's Hospital.
"And with many ear infections, we're finding that a pain reliever to control fever and pain is all that's needed."

Fluid that stays in the ear after an ear infection can affect hearing and language, so Friedman recommends that a child who has been diagnosed with an ear infection be seen gain six to eight weeks after the diagnosis to make sure the fluid is gone.





Cypress Christian School Students Raise Money for Orphanage

When students in Miss Shelby's second grade class started studying money in math, they learned a two-fold lesson: how to count change and how to change someone's life.

Students were encouraged to bring their dimes, nickels, and pennies to class during a two-week mission project called "Change to Change the World for Jesus" The goal of the project was to raise money for His Cherished Ones, an orphanage in Africa run by former CCS teacher Trena Ivy.

"When the students saw the pictures on Miss Ivy's blog of poor African children without shoes or food, they were inspired and motivated," said Miss Shelby. "They gave their Christmas money and money from their own piggy banks. The students also chose to give up their snacks at school and donate the money to the project." As a result of their efforts, the class collected more than \$1000 to send to the orphanage.

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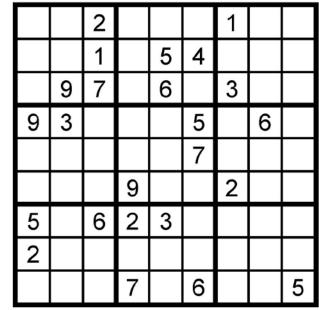
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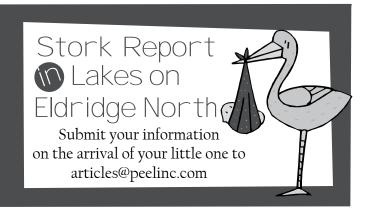


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Texas Events - April

- **15-May 17—HOUSTON:** Grey Gardens Edith Bouvier Beale and her adult daughter "Little" Edie became East Hampton's most notorious recluses. Stages Repertory Theatre. www.stagestheatre. com 713/527-0220
- **16-18—HOUSTON:** Spring into Summer Doll Festival Includes a doll competition, sales room, lectures, workshops and make-and-take projects. Hobby Airport Marriott Hotel. www.bayareadollclub. com 281/614-0077
- 17—HOUSTON: Monumental Work integrates solo dance with 35mm film projection and solo cello. Wortham Center's Cullen Theater. www.spahouston.org 713/227-4SPA
- 17-18—DEER PARK: Totally Texas Features a beauty pageant, parade, games, live music, food, carnival fun and more. 500 W. 13th St. www.deerparktx.gov/recreation 281/478-2050
- **17-18—PALACIOS:** Palacios Trail Ride & Dance Palacios to Blessing. 361/972-3369
- 17-19, 24-26—SPRING: Texas Crawfish & Music Festival Features live music on three stages, carnival rides, exhibits and Louisiana-style food, plus pounds and pounds of crawfish. www. texascrawfishfestival.com 281/353-9310
- 17-19, 24-26—WHARTON: Greater Tuna Drop in on the third smallest town in Texas. The entire town is traditionally played by just two actors, playwrights Jaston Williams and Joe Sears. The Footeliters will throw a lot more performers into the mix. The Plaza Theatre. www.whartonplazatheatre.org 979/282-2970
- 17, 19, 24, 26—HOUSTON: Rigoletto A bitter court jester pits himself against his master in a hopeless effort to protect his daughter's virtue. Houston Grand Opera co-production with The Dallas Opera. Brown Theater. www.houstongrandopera.org 713/228-6737
- 17-May 3—NASSAU BAY: Arsenic & Old Lace Presented by Clear Creek Country Theatre. 18091 Upper Bay Road. www. clearcreekcountrytheatre.org 281/335-5228
- **18—BEAUMONT**: Neches River Festival & Parade Annual parade includes local high school marching bands, cheerleaders, drill teams and more. 409/835-2443
- **18—EDNA**: Earth Day Tree Planting Help plant one of the park's trees or bring a native tree to plant, check with the park for acceptable species. Begins at 10 a.m. Lake Texana State Park. 361/782-5718

- **18—FRIENDSWOOD:** F.T.G. Festival & Car Show Find food, crafts and lots of classic cars, trucks and motor bikes. Stevenson Park. www.friendswood-chamber.com 281/482-3329
- **18—HOUSTON:** 17th Annual Copperfield Women's Market Annual garage sale has grown to more than 300 family booths. Hours are 7 a.m. to 4 p.m. Traders Village. www.tradersvillage. com 281/890-5500
- **18—HOUSTON:** Birding Walk & Talk Stroll around the park's many trails seeking spring neotropic migrant and nesting birds. Sheldon Lake State Park. 281/456-2800
- 18—KINGSVILLE: Sixth Annual Ride on the Wild Side Bicycle Ride Starts with a 10-mile ride around the loop road. There will be two other rides to continue out in the countryside and a 100-mile timed run. King Ranch. www.kingsvilletexas.com 361/592-8516
- **18—VICTORIA:** Market Day DeLeon Plaza. www.victoriatx.org 361/485-3200
- 18-19—HOUSTON: 2009 BP MS 150 Bike Ride About 13,000 cyclists will ride in the 25th anniversary event. www.ms150.org
- **21—HOUSTON:** Seventh Annual Tommy Tune Awards Features spotlight numbers from nominated Houston-area high school shows, as well as award presentations. Hobby Center for the Performing Arts. www.tuts.com 713/558-2600
- **21-22—HOUSTON:** Florescence 2009 This Garden Club of America major flower show is presented by the River Oaks Garden Club, The Garden Club of Houston and Museum of Fine Arts, Houston. Hours are 10 a.m. to 7 p.m. Museum of Fine Arts, Houston Audrey Jones Beck Building. www. riveroaksgardenclub.org 713/523-2483
- 22-26—BEAUMONT: Beaumont Boys Bash Featuring: Tracy Byrd, Mark Chestnutt and Zona Jones Byrd, Chesnutt and Jones have joined together for a weekend of events to benefit the Children's Miracle Network of Beaumont, among other charities. Includes a songwriters night, crawfish boil, carnival and more. www. beaumontboys.com/home 615/465-8152
- **22-26—SUGAR LAND:** The Grand Wine & Food Affair Events are held at different locations. www.thegrandwineandfoodaffair. com 281/491-0216

(Continued on Page 28)











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Texas Events - (Continued from Page 26)

- 23—BEAUMONT: Lamarissimo! Cardinal Singers & Dance Company Showcases the talents of outstanding students and faculty artists in ensemble and solo performances. The 19th season presents five concerts at the Jefferson Theatre in downtown Beaumont.www.dept.lamar.edu/cofac/deptmtd 409/880-8144
- **23—VICTORIA:** Downtown Rhythms Wells Fargo Pavilion in Downtown. www.victoriasymphony.com 361/576-4500
- **24-26, 30-May 2—VICTORIA**: Noises Off Welder Arts Center. www.theatrevictoria.org 361/576-6277
- **24-May 17—HOUSTON:** Rock 'n' Roll Tom Stoppard's sweeping and passionate play spans two countries, three generations and 22 turbulent years at the end of which love remains and so does rock 'n' roll. Alley Theatre. www.alleytheatre.org 713/220-5700
- **25—BAYTOWN**: Baytown Heritage Festival Features handmade arts & crafts, including limited-edition ornaments and hand-carved wooden toys, jewelry, historical tours and re-enactments, and delicious food. Hours are 10 a.m. to 5 p.m. Republic of Texas Plaza Park. www.baytownhistory.org 281/421-2099
- **25—VICTORIA**: Master Series Concert V Victoria College Auditorium. www.victoriasymphony.com 361/576-4500
- **25-26—GALVESTON:** 18th Annual Spirit of Flight Air Show Experience the power and heart-pounding action of historic war

- birds, current military jets and top aerobatic performers. Hours are 9 a.m. to 4 p.m. The Lone Star Flight Museum, 2002 Terminal Drive. www.lonestarflight.org 888/354-4488
- **25-26—GALVESTON:** Earth Day & Oleander Festival Celebrate the official flower of Galveston Island. Includes a floral design show and contest and oleander exhibit. Hours are 10 a.m. to 4 p.m. Moody Gardens Visitor's Center, One Hope Blvd. www. oleander.org 409/762-9334
- **25-26—HOUSTON:** 38th Annual Houston Pod Chili Cook-Off Offers a Texas-size salute to the official state dish. Held under the auspices of the Chili Appreciation Society International, chili cooks from as far away as New York City will be joined by chiliheads. Traders Village. www.tradersvillage.com 281/890-5500
- **26—GALVESTON**: Shelia Starks Phillips Wit & Wisdom Phillips is a storyteller and children's book author. The Grand 1894 Opera House. www.thegrand.com 800/821-1894 or 409/765-1894
- **29-May 3—HOUSTON**: Rent Hobby Center for Performing Arts. www.tuts.com 713/558-8887 or 888/558-3882

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.



Cooking Corner

Make Fast Friends Over This Slow-Cooked Lamb

(NAPSA)-For many, cooler weather means it's time to gather family and friends together for a hearty meal.

Home-cooked meals, particularly recipes that rely on savory slow-cooking techniques, can leave the cook plenty of time to spend with the guests.

For example, this American Lamb Ragu Puttanesca combines rich American Lamb with seasonal herbs and vegetables in a slow cooker to yield delightful fall fare for everyone at the table. Serving fresh American Lamb can add variety and distinction to your menu, no matter the occasion.

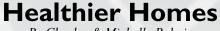
American Lamb Ragu Puttanesca

Makes 4 to 6 servings Prep time: 30 minutes Cook time: 5 to 10 hours

- 2 tablespoons olive oil
- 4 American Lamb shanks Salt and pepper
- 2 cups diced onion
- 2 tablespoons chopped garlic
- 1/2 teaspoon red pepper flakes
- 1 cup dry white wine
- 3/4 cup pitted, quartered black olives (such as Kalamata)
- 1/4 cup drained whole capers
- 1 tablespoon anchovy paste
- 2 cups beef stock or broth
- 2 cups canned crushed tomatoes
- 2 to 3 tablespoons tomato paste (optional) Hot cooked rigatoni
- 1/4 cup crumbled feta cheese
- 2 tablespoons chopped fresh parsley

Heat oil in a large skillet over high heat. Season lamb shanks with salt and pepper. Brown on all sides in hot oil, remove from pot; set aside.

Drain off all but 2 tablespoons of fat from skillet, add onion, garlic and red pepper flakes. SautŽ over medium heat for 6 minutes or until vegetables are tender. Add wine, olives, capers and anchovy paste; simmer until the liquid has almost evaporated. Transfer mixture to a large slow cooker; stir in stock and tomatoes, then add shanks. Cover and cook on high for 5 hours or low for 10 hours, or until meat is tender enough to fall off the bone. Remove shanks from braising liquid and set aside to cool. When shanks are cool enough to handle, shred the meat, discarding excess fat and bone. Add meat back to braising liquid, stirring to combine. Add tomato paste to taste to thicken sauce slightly, if desired. Warm gently over low heat and serve over rigatoni, garnished with feta and parsley.



By Charles & Michelle Bubnis

Have you ever walked around the neighborhood and looked at some lawns and thought "I wish my yard looked that good"? Well, here are some tips to get your yard looking great by creating a healthier turf.

Don't use Weed and Feed. 2 4-D the pesticide in most Weed and Feed product is neurotoxic and contains half of the ingredients found in Agent Orange. Studies have shown that lawn chemicals are tracked or drift inside where they remain on surfaces or in the carpet for up to a year when they are not exposed to direct sunlight (little children spend lots of time playing/crawling on carpet). Also, Weed and Feed can actually hurt the health of the lawn by killing beneficial microorganisms, insects and earth worms that maintain a healthy grass.

Instead, consider building up the health of the soil through yearly aeration and organic compost application (ex. Farm Style Compost from Natural Gardener). Corn Gluten can be applied for pre-emergent weed control. Biological controls for insects can be used if necessary such as nematodes to get rid of grubs. Apply annually a slow release nitrogen organic fertilizer as commercial fertilizers frequently contain toxic herbicides such as 2, 4-D mentioned earlier.

You are on your way to transitioning to a natural lawn care with these easy steps. If you are looking for or currently have a lawn care service, ask them to adopt these methods. If they wish to use IPM (Integrated Pest Management) be wary because these usually include the use of toxic pesticides.

Within a short time you too will have a robust looking lawn but more importantly, you will know that it truly is healthier and safer for your family too.

Resources:

Natural Gardener 288-6113 www.beyondpesticides.org www.grassrootsinfo.org

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Fit Facts

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Nutrition Road Tips

- Always drink plenty of water, particularly if you're flying.
- Conjure up a healthy meal in your mind prior to entering a restaurant, and stick to your plan as closely as possible.
- Try to eat at least three times per day to keep you from feeling famished and overindulging at any one time.
- Pick up portable, healthy snacks at a local market so you won't be caught hungry in front of the mini-bar.
- Go ahead and splurge on regional dishes or local cuisine, but balance your diet by choosing lower-calorie foods at other meals.

Travel Fitness: A Plan of Action to Keep You Active

IT IS EASY TO LET A VACATION OR

business trip destroy your fitness schedule and eating habits, but why let something as rewarding as a
vacation or as exciting as a business trip leave you
feeling unhealthy upon return. With a little research
and proper planning, you can create an easy-to-follow plan to keep you fit and healthy no matter where
you travel, and you can come home feeling more
healthy and energized then when you left.

Nature's Playground and Man's Monuments

There is no excuse for not finding places to exercise when every city has a great staircase, stadium, or tall buildings where you can master the stairs without a machine. If stairs aren't your thing, cities have lots of places good for walking, running or even hiking. Ask the hotel concierge if there are parks or trails nearby; or if you have ventured to the mountains, ask for a map of local hiking trails. It is also a good idea to ask the concierge for a map of the city to find out how many of your destinations are reachable by foot. (Walking will increase your fitness and decrease your taxi fares.) Prior to departure on your trip, find out if your hotel has a workout facility and a pool, and remember to pack your bathing suit and workout clothes. If they don't have a facility, they may be affiliated with a local gym where you can get a one-day pass for a small fee. There are no limits to the exercise you can do while exploring new territory. Make the most of your trip, and get to know the city by foot.

Prepare for Power, No Excuses

If your hotel doesn't offer fitness accommodations, bring along a jump rope and an exercise tube. They are both lightweight and easy to transport. Jumping rope is one of the best forms of cardiovascular exercise, and you can do it anywhere. With the exercise tube and a pre-arranged plan to keep you motivated, you can keep your entire body toned and energized without entering a gym or stepping on a piece of exercise equipment. Numerous magazines and Web sites offer workout instructions for each body part. And, of course, body-weight exercises such as push-ups and crunches require no equipment at all. The point is to find a workout routine that suits your needs and follow it. Plan a specific time each day or every other day to do your strengthening and cardiovascular routines (a good plan is to alternate days between the two). Remember that the 20 to 60 minutes you spend working out each day is for you, and try to stay on schedule.

Have Fun

Be sure to enjoy yourself and make the most of the area to which you have traveled. Remember to bring comfortable shoes so that you can easily get a workout while using your feet as your main mode of transportation. Whether your trip is for business or vacation, remember that you should have some time for yourself every day. Why not dedicate that time to improving your health and making yourself feel better!





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- 3. Monitor volts/amps on fan motor
- 4. Lubricate/inspect motor bearings for wear
- 5. Inspect indoor coil if accessible
- 6. Flush/treat condensate drain with anti-algae tablets
- 7. Inspect condenser coil for efficiency
- 8. Monitor operating pressure of refrigerant
- 9. Inspect safety devices for proper operation
- 10. Inspect disconnect box for proper rating and installation

- 11. Tighten all electrical connections
- 12. Test/inspect contactors for burned, pitted contacts
- 13. Inspect electrical for exposed wiring
- 14. Test and inspect capacitors
- 15. Inspect condenser fan blade
- 16. Water wash condenser coil and remove debris
- 17. Inspect service valves for proper operation and for leaks
- 18. Measure temperature difference between supply/return
- 19. Inspect blower wheel for balance and dust
- 20. Monitor compressor for proper amperage, volt draw and wiring connections







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meet our team

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Blandina Sison, MD

Marian Allan, MD

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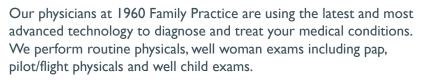
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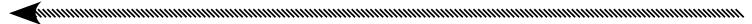
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Simon will flourish with a family who is active and keeps him engaged. Simon can benefit from participating is enrichment or mentoring programs that will aid in his educational and personal development.

Please let me know if you would like additional information on this great kid.

Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter Adoption Coalition of Texas, 2222 Western Hills, Ste. 101, Austin, Texas 78745 Phone 512-834-3424/Fax 512-692-2540, gracelindgren@adopttexas.org





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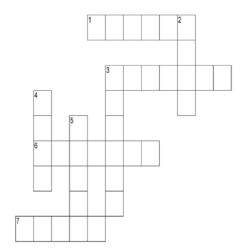
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1. Crossword	Count	2. Opposite of enter	Baby
3. Allow to leave	Bargain	3. Happens in sleep	Frown
6. Great prices	Puzzle	4. Infant	Dreams
7. To add up	Dismiss	5. Not a smile	Exit

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DOWN



Locate the names of eight things you might see in space with a telescope or eyes. Words can go vertically, horizontally, and diagonally. Do it in less than 3 minutes and you are a Pro!

M	-	N	I	F	Q	X	K	Q	N	Н	M	1
Е		C	R	L	X	X	L	S	T	O	Y	В
T		О	M	J	D	A	T	L	O	M	S	M
Е		M	K	V	L	E	L	N	G	X	R	K
О		E	G	C	N	T	S	I	N	Q	A	Н
R		T	G	A	L	A	X	I	E	S	T	N
S		S	L	X	T	Y	M	K	Z	N	S	M
N		P	Q	L	F	W	L	P	P	Z	S	F
L		P	W	P	M	V	P	F	K	Н	M	F
S		D	I	O	R	E	T	S	A	N	W	В
ALIENS METEORS			ASTEROIDS MOONS		OS	COMETS PLANETS			GALAXIES STARS			

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Did You Know?



To correct the calendar over the centuries, years ending in "00" are not leap years unless the first two digits are divisible by 4. Therefore, the year 2000 is a leap year, but 1900 and 2100 are not.

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