



LAKES

ON ELDRIDGE

Volume 8, Issue 5
May 2009

Official Newsletter
www.lakesoneldridge.net

LOE Annual Egg Hunt

The young children of Lakes on Eldridge, and their families, enjoyed a fun morning at the annual Easter Egg Hunt held in front of the clubhouse on Saturday, March 28, 2009. The children collected plastic candy filled eggs, enjoyed refreshments and had their picture taken with the Easter Bunny. Parents may log onto www.lakesoneldridge.net/easterphotos and download their child's picture with the Easter Bunny.

Thank you to the many volunteers that made this event possible for our LOE families with young children. The hunt would not be possible without your help. Many of you have volunteered for several years and your willingness to continue to help with the egg hunt is most sincerely appreciated.

Thank you to Georgia Shotwell and the LOE Social Committee for hosting this event. Thank you to Georgia Shotwell for organizing this event, taking her time to purchase all the refreshments, and putting up the signs. Thank you to Georgia Shotwell and Toby Ellis of Keller Williams Realty Memorial for donating 900 extra

(Continued on Page 6)



DO WE HAVE YOUR NUMBER?

Our resident directory is an important record that allows our gate attendants to contact homeowners to allow visitors to enter the community. Please make sure your home phone number is on file with the main gate by calling 713-937-8825.

As part of our ongoing effort to provide effective access control, procedures will soon be implemented so that if no phone number is on file, and if the visitor cannot provide it, access cannot be granted. Thanks for your cooperation!

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Lakes on Eldridge

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(trash collection Mondays & Thursdays)	
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(give pole # of street which is out)	
Entex (gas)	713-659-2111
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Houston Chronicle	713-220-7211
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LOE Board Of Directors

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

Bronson Clay	President
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Cory Hammond	Treasurer
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Visit the Association Website:
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Article Submissions

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

SUGGESTION BOX

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

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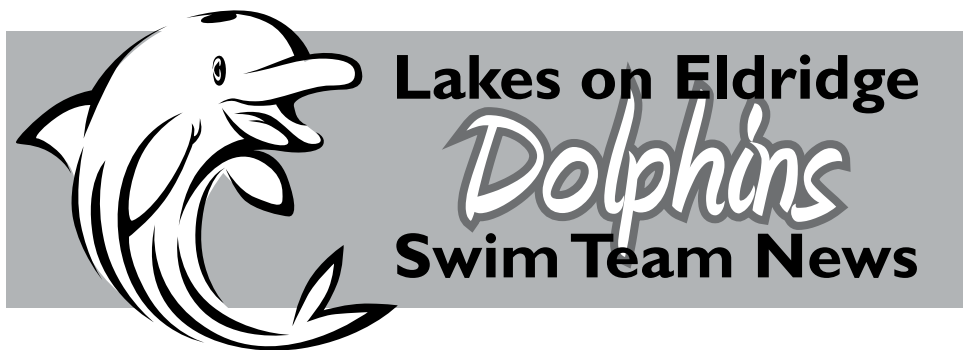
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Lakes on Eldridge



The new swim season is finally underway for our 220 enthusiastic swimmers age 4 to 18! A very successful Swim Clinic was held the week of April 20 and practices started on 27 April. Start marking your May calendars for the Time Trials on May 2nd, pictures on the 4th, and first pep-rally on the 15th followed by the first meet on the 16th at our home pool in Lakes on Eldridge. Below is a complete calendar of future events, to cut out and tape to your fridge for easy reference! As always you can visit our very informative website www.loedolphins.org for up to date information.

MAY

2	Time Trials – Concord Bridge – Loe Pool (Finish By 3)	12	Pep-rally (7-9)
4	Pictures – No Swim Practice	13	Away Meet – Jersey Village
15	Pep-rally (7-9)	19	Last Day Of Swim Practice
16	Home Meet – Fairfield (Finish By 3 Pm)	20	Divisionals – Fairfield
	Pep-rally (7-9)	22	Banquet – Cy Ridge High School
23	Away Meet – Deerfield	23-25	Swim Practice For Swimmers Qualifying For Rw&b And Ponderosa
25	No Swim Practice – Memorial Day	26-28	Rw& B – Cy-springs
29	Pep-rally (7-9)	27,28	Ponderosa – Klein High School
30	Away Meet – Norchester		

JUNE

5	Pep-rally (7-9)		
6	Home Meet – Concord Bridge (Finish By 3 Pm)		

(The Board Position for Secretary/Hospitality is open. If you are interested in that position, please contact Rosa Clay at rosaclay@sbcglobal.net.)

ATTENTION! BUNCO JUNKIES!

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

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

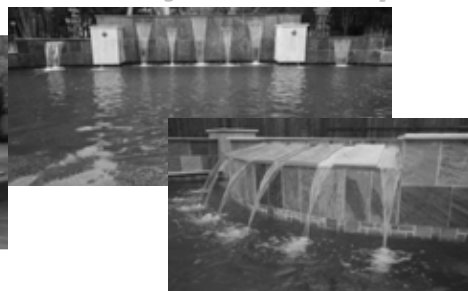
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Lakes on Eldridge



LOE Annual Egg Hunt- (Continued from Cover Page)

Easter eggs. A big thank you to Gus Lester who stood in for the Easter Bunny. The great bunny costume was donated by Bob Wright of Party Boy, 1515 Studemont, Houston, Texas (713) 861-9080.

A big thanks to Cory Hammond who served as our event photographer, again, and to Angela Hammond who made those beautiful, home made Easter cupcakes. Thank you to Betty Burkett for putting up the flags to keep the swans at bay and for standing swan watch the entire hunt.

Thank you to our egg collectors, Holly Blausen, Wendy Craven, Jamie Medina, Georgia Shotwell, Deborah Dunaway, Elizabeth Tobin, and Julie Applegate. Not only did they allow their homes to be drop off sites but they delivered the eggs early Saturday morning.

Thank you to Sandy Deloney, Ellen Havlik, Maria Marget, Julie Medina, Holly Blausen, Sheryl Henke, Wendy Craven,

Deborah Dunaway, Georgia Shotwell, Julie Applegate, Elizabeth Tobin, and Cecilia Freedman for distributing the individual flyers throughout the neighborhood.

Thank you to our egg hidiers who arrived several hours early to set up and hide well over a thousand eggs. These ladies are Rosa Clay, Jackie Clay, Elizabeth Tobin, Olivia Tobin, Amelia Tobin, Angela Hammond, Toby Ellis, Wendy Craven, and Georgia Shotwell.

Thank you to Rosa Clay, Jackie Clay, Bronson Clay, Cory Hammond, Angela Hammond, Toby Ellis, Wendy Craven, Deborah Dunaway, Georgia Shotwell, Toby Ellis, and Clive Gardner for cleaning up after the party.

If you are one of these families that enjoyed the hunt, please extend your hand of thanks in person when you see any of these volunteers in the neighborhood. Your thanks and appreciation makes their time and effort worthwhile.



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- Architectural Control Committee Corner - *Door Care and Maintenance*

Have you checked the condition of your front door lately? The finish on your wood door requires periodic maintenance to keep it looking its best and to provide protection from the elements. The maintenance schedule varies with exposure to moisture and direct sunlight, but it is recommended that inspection and cleaning should be performed at least once a year. If your door has dark streaks, a dry dull look, raised grain, cracking, or a whitish cast to the finish, it probably needs more than cleaning; it is time for a refinishing.

Follow your door manufacturer's instructions for cleaning and maintenance. Failing to do so may void the finish warranty. In general, cleaning may be performed with commercially available wood cleaners. Mold and mildew can be killed with a mixture of one part household bleach to three parts water.

To restore a rubbed oil finish, clean and buff with fine density steel wool. After removing dust apply a coat of wood oil with a brush. Finish by thoroughly wiping the door with a clean cotton rag. Apply several coats if necessary to bring back the rich color in the wood.

A polyurethane finish may be lightly sanded. To remove the dust, wipe with a clean cloth slightly dampened with mineral spirits. Apply a coat of oil-based exterior polyurethane, sand lightly, and wipe the dust off. Apply a second coat. If the existing finish is heavily worn, you may need to repeat the process and install a third coat.

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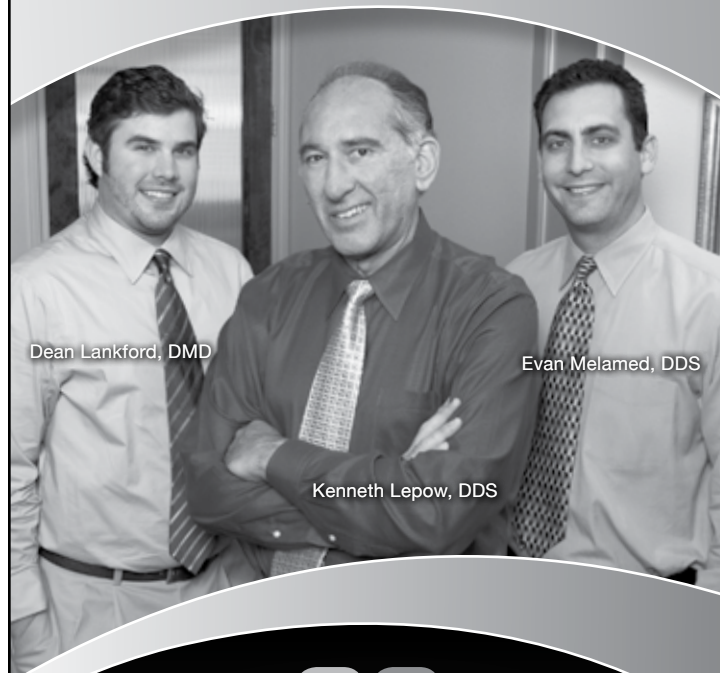
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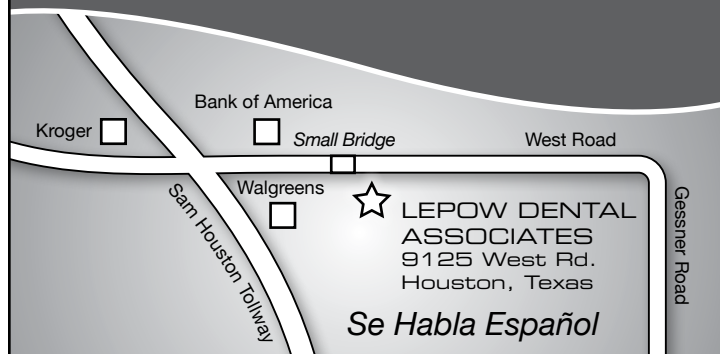
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LOE Quiz Night Saturday, June 20th, 2008

LOE Quiz Night, Saturday, June 20th, 2008

After the success of last year's LOE quiz night, we're doing it again! Lakes on Eldridge residents and their friends are invited to meet at the Beach Club, Lakes on Eldridge on Saturday June 20th for an evening of fascinating and fun-filled friendly fact-finding and frivolity.

Either come on your own, or with a partner, or bring a group of up to 10 people and we will organize you into teams. Teams of 6-10 people will compete for an attractive team prize, by answering a series of questions in various categories, to include Local Knowledge, Food and Drink, Music and more.

Arrive at 7:30 pm, for seating of teams at 8 o'clock, and commencement of the Quiz questions shortly thereafter. The final scores should be available around 10 pm and the winners will then be announced.

Complimentary drinks on arrival and nibbles

will be provided; please feel free to bring a plateful of interesting finger-food to add to the party mood. Additional liquid refreshment is BYO. This is primarily an adult event, but teenagers would be welcome to join their parents.

Please register if possible by end May. If you require more details, and to register, contact:

Eleanor Liney: 713-937-6424 e-mail: eleanor.liney@sbcglobal.net. Later registrations may be accepted if there is still space available.

This popular event gets neighbors and newcomers quickly engaged in earnest discussion over the correct answers; but remember the Quiz Master is always right; no arguing with the referee! And no electronic cheat-machines! Pit your wits and amaze yourself with your knowledge; or if that doesn't quite work out, enjoy the losers' booty prize!



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Lakes on Eldridge

Stitch & Chat

HELPING YOU GET STARTED

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

For more information contact Catherine Spellings at 713-896-1652 (home) or 713-628-7083 (cell) or CTSpellings@aol.com or Tina Wang at 713-574-1654 or Yangingwang20022003@yahoo.com

MOTHERWISE

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

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

LOE BIBLE STUDY

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



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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.



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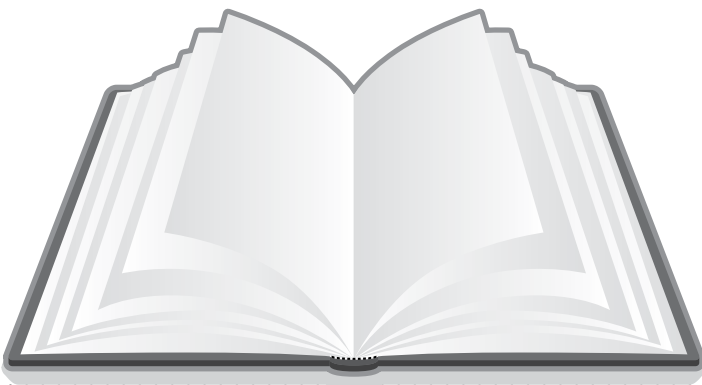
LOE BOOK CLUB

Book club usually meets on the 4th Monday of each month at 7:30 P.M.; however we have moved some of our upcoming dates around to fit our calendars. Join us for a little wine or coffee, some snacks, and stimulating discussion. We will again be meeting in various member's homes, so call or e-mail Celeste Fritz, 713-896-6942, celeste.fritz@gmail.com for location and additional information.

May 18 - *The Stone Angel* by Margaret Laurence. First published in 1964 this is perhaps the best-known of Margaret Laurence's series of novels set in the fictitious town of Manawaka, Manitoba. In parallel narratives set in the past and the present-day (early 1960s), *The Stone Angel* tells the story of Hagar Currie Shipley. In the present-day narrative, 90-year old Hagar is struggling against being put in a nursing home, which she sees as a symbol of death. The present-day narrative alternates with Hagar's looking back at her life.

June 15 - *Front of the Class* by Brad Cohen and Lisa Wysocky. Time for another non-fiction selection. As a child with Tourette's, Brad was ridiculed, beaten, mocked, and shunned. This story of unwavering determination proves anyone can make their dreams come true.

July 27 - *Dreams from My Father* by Barack Obama. Years before becoming the 44th President-elect of the United States, Barack Obama published this lyrical, unsentimental, and powerfully affecting memoir, which became a #1 New York Times bestseller when it was re-issued in 2004. *Dreams from My Father* tells the story of Obama's struggle to understand the forces that shaped him as the son of a black African father and white American mother—a struggle that takes him from the American heartland to the ancestral home of his great-aunt in the tiny African village of Alego.



PLEASE LET US KNOW!

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

DEED RESTRICTIONS THE 15 GOOD NEIGHBOR COMMANDMENTS

1. Thou shalt keep thy property free of debris, high grass and junk cars.
2. Thou shalt know the names and phone numbers of at least two neighbors on the block or street.
3. Thou shalt not offend thy neighbors by playing music too loud (or too late).
4. Thou shalt not speed on residential streets.
5. Thou shalt not block thy neighbor's driveway.
6. Thou shalt not leave thy trash and recycle bins out before or after trash pick up day.
7. Thou shalt remove all holiday décor when the holiday season ends.
8. Thou shalt call the police when witnessing any suspicious activity in the neighborhood.
9. Thou shalt supervise thy children while they are playing in the neighborhood.
10. Thou shalt not hold a grudge against thy neighbor for more than a week.
11. Thou shalt help thy neighbor when thou hast the opportunity.
12. Thou shalt keep thy dog quiet during the night, no matter how thou wisheth to remain in thy comfortable bed.
13. Thou shalt keep thy dog (and vicious cats) on a leash at all times.
14. Thou shalt not park thy boats, RV's, trailers and other toys on thy driveway.
15. Thou shalt maintain thy house, including painting, repairs, mowing, edging and weeding.

THOU SHALT BE A GOOD NEIGHBOR.

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Feral Feathers



*Closer view of the
Monk Parakeet.
Full color pictures can
be viewed online at
www.PEELinc.com.*

You may have noticed an emerald green flash go by on a walk around Lakes on Eldridge. If you remove your iPod, you may also hear an unusual call, instantly noticeable and unusual among the familiar calls of Blue Jays and Mockingbirds. You have just seen or heard a Monk Parakeet, *Myiopsitta monachus*. The Monk Parakeet, also called Quaker Parrot, is not a native to this area or the United States. Wild birds were imported to the U.S. in the late sixties from Argentina, Brazil, and South America as pets. As the birds inevitably were released or escaped, they thrived in their new environment and have formed large colonies in the Southern and Southeastern U.S. These hardy birds have even established colonies as far north as Chicago and Connecticut.

The Monk Parakeet is green with pale grey on the forehead, cheeks, throat and chest.

Some blue can be found in the tail and wing feathers. There are several color mutations including blue, albino, and cinnamon, although only the common greens have been spotted in our neighborhood. Monk Parakeets are unusual in that they are the only Parrot that builds a stick nest either in trees or on manmade structures. Other Parrots nest predominantly in hollows in trees. Also unusual is that they often build large nests for multiple pairs with separate entrances for each pair. Nests have been reported as large as small automobiles.

At least one colony has established itself near the main lake by the clubhouse here at Lakes on Eldridge. The birds are often seen near the clubhouse, sometimes carrying small branches that they cut with their beaks from the birch trees along the lake. Monk Parakeets have also been seen at Pecan's Grill

on Tanner. The birds are not reported to have a very large range and the sightings at Pecan's beg the question of whether there is more than one colony in the neighborhood.

In pet stores, Monk Parakeets cost between \$50 and \$200 for handfed babies while the rarer blue varieties may cost up to \$400. Although they are cherished as pets and most people enjoy the novelty of seeing them wild in their neighborhood, they are considered a pest to agriculture by many of their native countries. Although it is disputed, they are also considered an agricultural pest in some areas of the U.S. and eradication programs have been implemented in some of these areas.

Keep a look out for these colorful invaders or put out a feeder with sunflower seeds and you may be treated with a visit from one of our colorful and vocal tropical immigrants.

Want to know what is happening on the market around your home?

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Lakes on Eldridge

CY-FAIR KIWANIS CLUB

The 12th annual city-wide Kiwanis Kids Triathlon Series begins May 30 at Langham Creek YMCA. The Cy-Fair Kiwanis Club sponsors the first Triathlon of the series. Girls and boys from ages 7 through 12 are invited to participate. The Triathlon combines three activities that children enjoy –swimming, cycling, and running. Age groups for the events are 7-8 year olds; 9 year olds; 10 year olds; and 11-12 year olds. Boys and girls compete separately in each event. Trophies, prizes, and mementos are awarded. The net proceeds from this event will be used to benefit Kiwanis charitable and service activities; such as sponsoring Key Clubs, Boy and Girl Scout troops, Salvation Army missions, and needy families and individuals in the Cy-Fair area. Entry forms are available at Ault and Keith Elementary Schools or at www.kiwanishouston.sunrise.org. For further information call Peggy or Bob Presnell at 281-304-7127.

The recent Golf Tournament was a big success. We appreciate the contributions of those who played, those who sponsored players, and those who sponsored holes for the benefit of the organization. Some of the proceeds will be used to fund scholarships for Key Club seniors for their use in college next year. Announcement of the winners of the scholarships will be available next month.

The Cy-Fair Kiwanis Club meets 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. We invite you to a complimentary lunch, 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 February 3, 10, and 17.

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; George Crowl at 832-467-1998; or Robert Presnell at 281-304-7127.

CHILDREN ...

PRIORITY ONE is the motto of Kiwanis Clubs worldwide.

The Cy-Fair Kiwanis Club, an affiliate of the International Kiwanis organization, focuses its services, programs and activities on this theme.

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Lakes on Eldridge



Yorkshire Academy is sending 11 students in 13 contests to the State PSIA Academic Competition held at TCU in Ft. Worth on May 2nd

Personal Classifieds

TWO TV'S FOR SALE. 32" Sony and 25" Magnavox tube TV's, with remote control. Both have great picture and work well with cable or dish, so digital conversion not an issue. \$350 or best offer buys both TV's! Call or e-mail James: 832-467-9891 or jfsauto50@sbcglobal.net

PLEASE NOTE

Landscapers and housekeepers should not have a remote to the community. Their names should be on file with the gate attendants and they should enter via the front entrance gate only. Please help control the access to our community by following these rules.

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Lakes on Eldridge

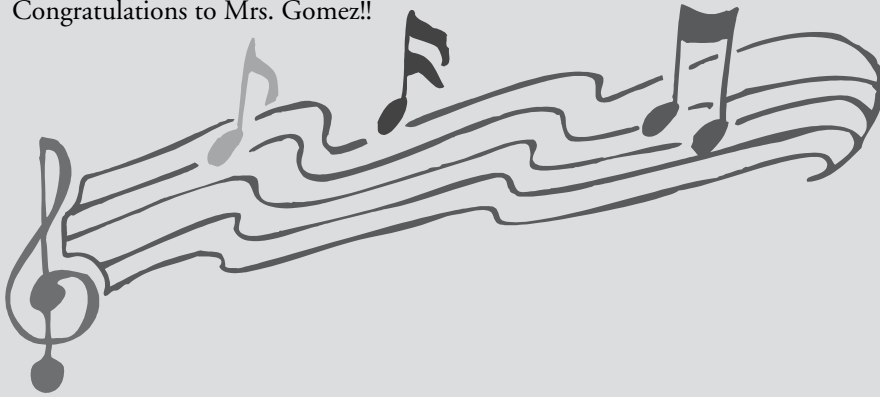
Kirk Elementary's Spotlight Teacher is Music to our Ears!

We are pleased to announce that our Spotlight Teacher for 2009 is Mrs. Charlise Gomez! She is our amazing music teacher and one who exemplifies the traits of an exceptional teacher as defined by the Cy-Fair District as instructional strategist, creates student-centered environment, positive role model, lifelong learner and team player.

Cy-Fair ISD's Spotlight program, now in its 24th year is the district's way of recognizing our classroom teachers who demonstrate these qualities day-in and day-out, making a difference in the lives of our students. Though each campus has a full cast and crew of star-quality performers, the Spotlight program allows each principal to select one teacher to take center stage so that we may honor that individual's performance.

Just some of the areas of music studied by our students are creative expression, performance, historical and cultural heritage, music history and music vocations. Our students perform in various grade level programs and the Kirk Choir can be seen and heard at various local venues throughout the year. Mrs. Gomez also takes music memory teams to district competition at year's end.

According to a Kirk parent, Mrs. Gomez is one of those instructors with the ability to breathe life into the curriculum stimulating excitement and interest among her students. She can boast that her students are walking around with their music lessons of famous composers on their iPods! Congratulations to Mrs. Gomez!!



Attention Rising Kirk Kindergarteners!

Do you have a child who will be a new kindergartener at Kirk Elementary for Fall 2009? If so, please let us know! We will be planning a couple of fun family activities for new Kirk kindergarten families this summer to help ease their transition to a new class, new school, and new friends. To be placed on the distribution list, please send your name and email address to Michol Ecklund (mom to rising kindergarteners Evan & Elliott) at michol@alumni.rice.edu. We look forward to hearing from you!

Kirk Elementary Hosts Spring Festival

The Spring Festival on May 1st will cap off another fantastic year for the students and staff of Kirk Elementary. The festivals are always a favorite of our students and families. The evening is filled with games, food, inflatables, cake walks, raffles and auctions. There is always something for everyone. This event is a large undertaking by the school PTO and is a testament to the many volunteers that make this and so many events throughout the year a success. These events orchestrated by the dedicated volunteer team truly enhance the educational experience of our Kirk student body.

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Lakes on Eldridge

SUDOKU

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

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

*Solution at www.PEELinc.com

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Not Available Online

Advertising Information

Please support the businesses that advertise in the Lakes on Eldridge Newsletter. Their advertising dollars make it possible for all Lakes on Eldridge residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact Peel, Inc. Sales Office at 512-263-9181; advertising@PEELinc.com. The advertising deadline is the 10th of each month for the following month's newsletter.

PLEASE SCOOP YOUR DOG'S POOP!

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





Harris County HazMobile Neighborhood Collection Event Saturday, May 30, 2009



Paul D. Rushing Park
9114 Katy Hockley Road, Katy TX 77493
9 AM to 12 PM only

This event is open to all Harris County residents

The HazMobile is a mobile collection system that can accommodate Household Hazardous Waste (HHW) from approximately 125 households. HHW will be collected on a first come, first served basis until the unit reaches full capacity. The containers must be 5 gallon or less in size.



Items accepted include:

Pesticides & Fertilizers
Paint related materials
Household Cleaners

Fuels & Antifreeze
Pool Chemicals
Glues & Solvents

Used Oil & Filters
Batteries
Thermometers



Use lawn chemicals sparingly—Bring us your extras for proper disposal!

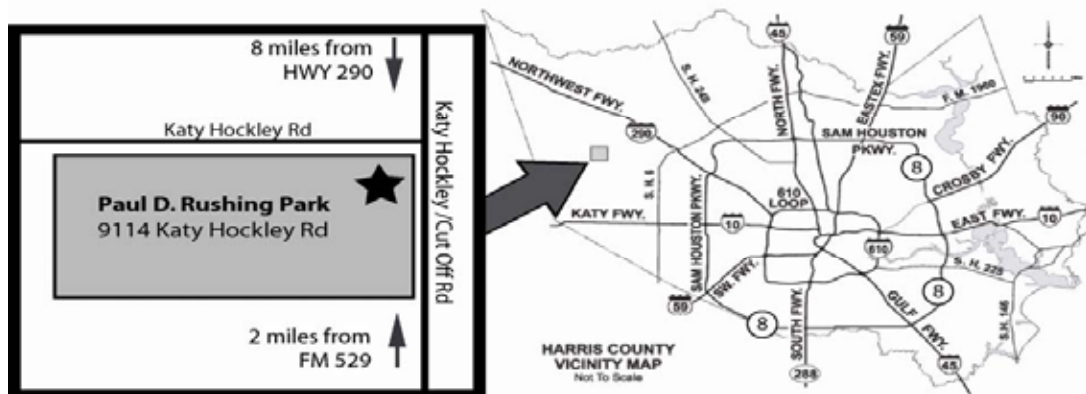
Tips on transporting HHW materials:

- Containers should be sealed and in their original packing
- Pack leaking containers in a larger non-leaking container
- Place containers upright in a box or plastic bin and pack newspaper around the containers to prevent breakage
- Place materials in your trunk where you will not breathe the fumes during transport

Electronics and Tires will NOT be accepted at Mobile Collection events!

Other items not accepted include: Business, Medical or Radioactive Waste, Dioxins, Ammunition, Explosives, Compressed Gas Cylinders, Smoke Detectors, Appliances or Household Trash

For more information, please call (713) 290-3000 or visit www.CleanWaterways.org



This HHW Collection Event funded by Harris County and is sponsored by Precinct 3.

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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
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Because sickness doesn't revolve around a Monday-Friday 8-5 schedule, we offer Urgent Care for your convenience. Our 1960 location has extended hours with evenings and weekends available. The 290 location offers Saturday hours from 9am-12pm.

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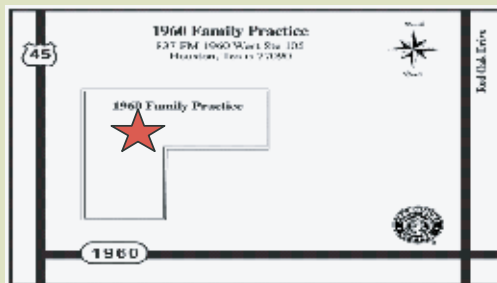
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Lakes on Eldridge

55+ Fun Day at iT'Z on May 27, 2009 from 9:30 am to 1:30 pm

FREE Vendor Expo, Health Checks and Texercise Kickoff with buffet lunch and game card included.

In recognition of Older Americans Month we are celebrating National Senior Health and Fitness Day on May 27, 2009 with a Kickoff for Texercise. This event is sponsored by The Mayor's Wellness Council, Texercise, Humana, Heartland of Willowbrook and many other local companies in the Houston area.

Church groups, community centers, and individuals over 55 are invited to the FREE event.

RSVP: Contact Donna Martin with Heartland to reserve your space for your group or individual seating: 281-253-2941

Location: iT'Z, 18355 Tomball Parkway, Houston, TX 77070

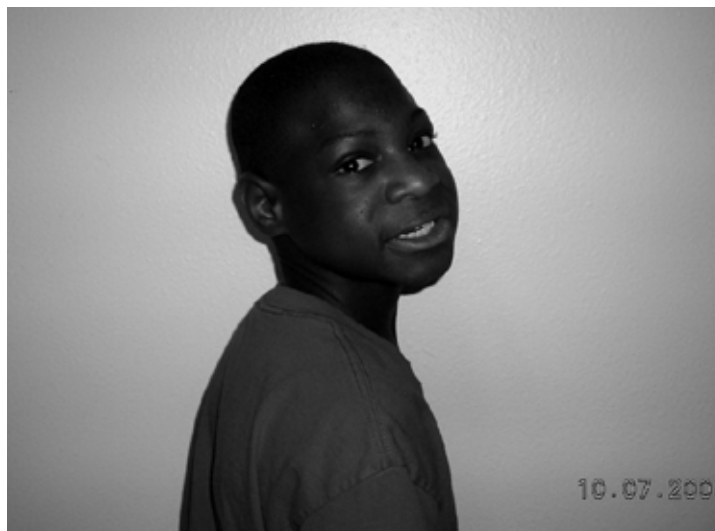
Cost: FREE buffet lunch and game card for all seniors 55+ with RSVP by May 1.

Event details contact:

Doothy Gurka, 281 290 0190

www.dgurka.com, dorothygurka@att.net

MEET TERRAIL



DOB: August 1995

Terrail is described as "a sweet and good child," with no major behavioral issues. Terrail is generous and shows affection and compassion towards others. He is calm, easy going and affectionate. Terrail likes playing with his toys, drawing, coloring and playing outdoors. He is an explorer and a learner. He loves animals. Hamburgers and fries from McDonalds top his list of favorite foods. Terrail has made good progress in his development and behaviors while in the nurturing and consistent environment of his foster home.

He would love to be adopted; he wants a forever family. Terrail likes younger kids, another child his age or younger would do well with him. He needs a family who can offer him stability, patience and consistency.

For more information, contact Grace Lindgren, LMSW Wendy's Wonderful Kids Recruiter, Adoption Coalition of Texas gracelindgren@adopttexas.org, (512) 687-3209

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- Kids Stuff-

Section for Kids with news, puzzles, games and more!



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This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006 The Nemours Foundation



Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at
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Lakeway, TX 78734

We will select the top few and post their artwork online at www.PEELinc.com. DUE: May 31st

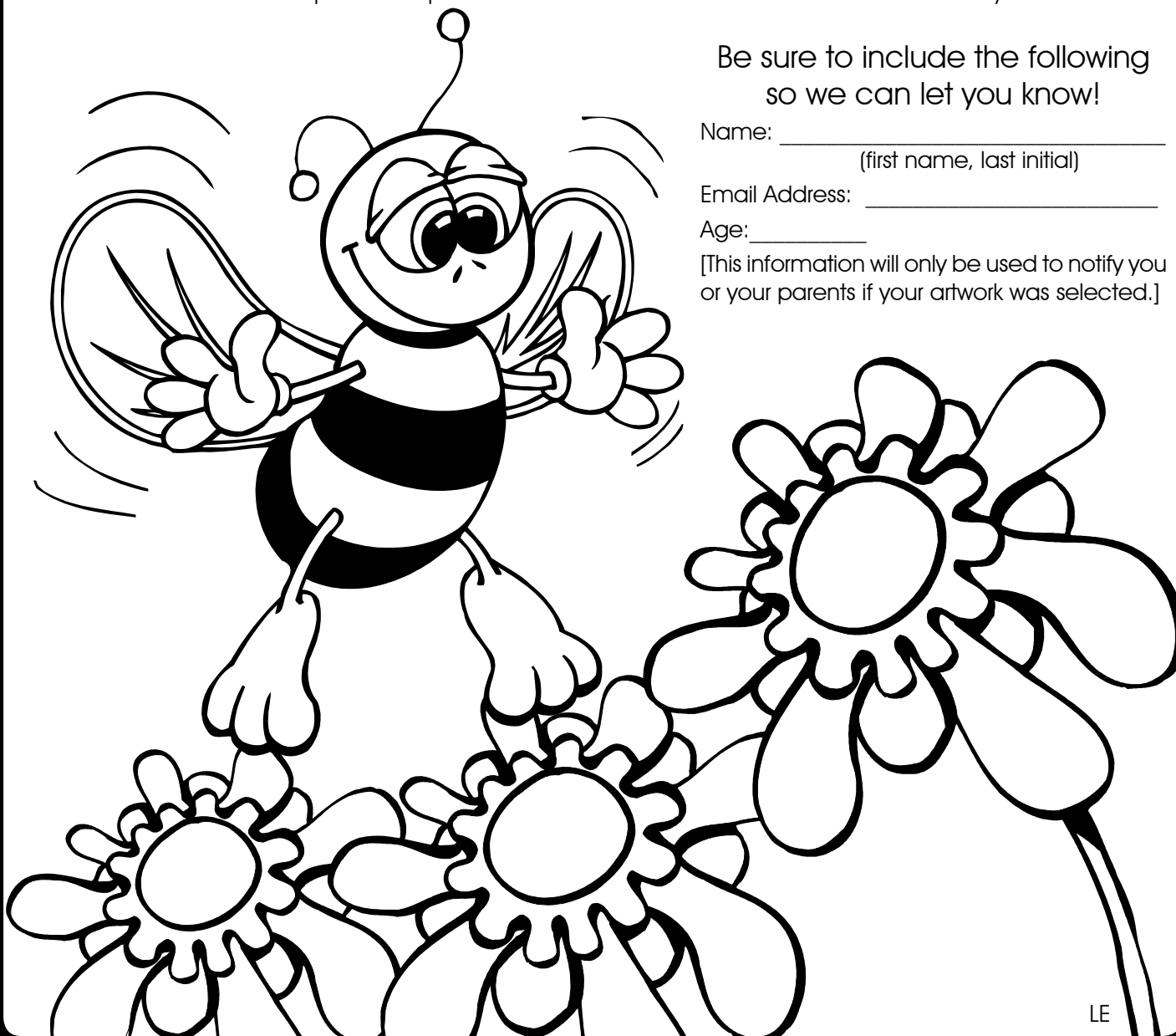
Be sure to include the following
so we can let you know!

Name: _____
(first name, last initial)

Email Address: _____

Age: _____

[This information will only be used to notify you
or your parents if your artwork was selected.]



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- Lower Back Pain
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- Neck Pain
- Degenerative disc disease
- Facet Syndrome
- Sciatic Leg Pain
- Bulging Discs
- Failed Back Surgery

Pain Free in 4-6 weeks

If you know what it's like to have serious back pain, this type of relief may seem miraculous. Our clinical experience tells us that relief is possible even for those patients that have failed with medication, physical therapy, injections and/or surgery.

How Does IDD Therapy Work?

To understand why this therapy succeeds where others fail, you first must understand why your back is not capable of healing on it's own. Muscles, bones and internal organs get a fresh supply of blood, oxygen and nutrients with each beat of the heart. However, spinal discs have no blood supply of their own and absorb what they need very slowly. If the discs have been compressed by injury, the effects of age or a sedentary lifestyle, they will remain compressed and will not have the ability to absorb the nutrition required for healing.

This revolutionary technology allows us to provide patients with computer monitored expansion of the discs through a slow and painless separation of the spinal vertebrae. This expansion improves the absorption of blood and nutrients which improves the healing response and patients may experience healing in their back, naturally.

For a limited time only, Parkway Family Chiropractic is offering a No Cost, No Obligation Consultation for IDD therapy. If you think IDD therapy may be right for you, or would like more information, call Parkway Family Chiropractic today!



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*Dr. Scott Payne and
Dr. Gina Zummo*

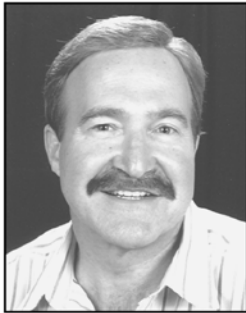
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