

Volume 8, Issue 6 June 2009 Official Newsletter www.lakesoneldridge.net

FOURTH OF JULY Parade & Family Festival SATURDAY, JULY 4TH

Kids, it's time to get out everything red, white and blue! The Fourth of July Parade is on again this year!

The LOE Swim Team and Greater Houston Pool will be hosting a 4th of July Parade & Family Festival, Saturday, July 4th. Bring your lawn chairs, wear anything red, white and blue and get ready for LOE's best 4th of July blast.

- Have your child decorate their bikes, tricycles, strollers or wagons with tape, streamers, balloons, ribbons, blue and red soda cans tied on string or whatever.
 Decorate a float if you are up to the challenge. There will be prizes for bestdecorated bike/tricycle/wagon/stroller/float.
- The judging of the best-decorated vehicles will be at 10 am under the clubhouse portico. Winners will get to lead the start of the parade!
- The parade will start at 10:15 AM SHARP, in front of the clubhouse. Line-up will begin at 10 AM in the order in which riders appear.
- After the parade, everyone in the neighborhood is invited to join us at the clubhouse and pool for a family festival. There will be food, games and activities for all ages including water games, races and prizes.

So come join your neighbors for a day to celebrate our precious freedoms: among them, the freedom to have fun all afternoon and parade through our neighborhood singing off-key.



LANDSCAPE CHANGES

As of May 1, Brickman Group assumed responsibility for all the landscaping in Lakes on Eldridge. We had an extensive qualification and bid process leading up to their selection. Brickman Group is a nationwide company that has been in business since 1939, offering comprehensive commercial landscape management services. They have over 160 company-owned and operated branches in 29 states and inhouse experts in landscape architecture, horticulture, maintenance, site enhancement and renovation, irrigation, tree care, and sports turf. Brickman believes service excellence starts with understanding what the customer wants, providing resources to meet those needs, and using a reliable method to deliver consistent, quality results. In the Houston area, they have shown consistent success in major subdivisions such as The Woodlands and in high visibility areas such as the Galleria.

(Continued on page 7)



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Lakes on Eldridge - June 2009 1

IMPORTANT NUMBERS

AMI713-932-1122					
Gate Attendant713-937-8825					
Waterfowl, Betty Burkett713-302-9929					
Sheriff - (non-emergency)713-221-6000					
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 Source					
(Service or emergencies 24hrs)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 Chronicle713-220-7211					
Metro Transit Info713-635-4000					
Kirk Elementary					
Truitt Middle School					
Cy-Falls High School281-856-1000					
Cy-Ridge High School					
Newsletter Publisher					
Peel, Incadvertising@PEELinc.com, 888-687-6444					

LOE Board Of Directors

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

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

Visit the Association Website: www.lakesoneldridge.net

KARI HARRISON Sales Representative

713-855-1731 kari@PEELinc.com



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Lakeway, Texas 78734-4775

Fourth of July - (Continued from Cover Page)

to watch and cheer the parade and kids along. You will not be disappointed!

Traffic along Lake Center Run and Lakeshore Ridge will be directed one-way for the 30-minute parade.

Volunteers are needed for traffic duty, contest judging, food service, grill masters and clean up.

If you would like to be a sponsor or volunteer, or you need more details, please e-mail Deborah Dunaway at dsd1951@mac.com or call 713-983-9651 or Rosa Clay at 713-826-8902 or rosaclay@sbcglobal.net

Article Submissions

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



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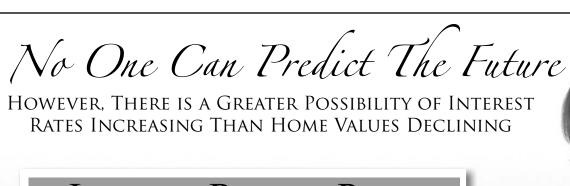
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2,398.20	2,278.29	2,158.38	2,036.17	1,918.56
2,528.27	2,401.86	2,275.44	2,149.03	2,022.62
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LOE Quiz Night

Saturday, June 20th, 2009

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' booby prize!

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Source: Houston Realtor - April 2009

- Site Selection magazine named Houston the "Top Metro Market" for corporate location and expansion activity.
- Builder magazine called Houston the healthiest housing market in the nation.
- The Allied Van Lines' 41st Annual Magnet States Report named Texas as the number one destination state for residential relocations for the fourth year in a row.
- The Association of Foreign Investors in Real Estate ranked Houston as the 8th best investment market in the world.
- Forbes ranked Houston as the sixth strongest housing market in the country.

Clearly, we are fortunate to live not only in Houston but in LOE and LOEN with its close proximity to the Energy Corridor.

> Please let me know what I can do for you. The market is active and interest rates are historically low. What are you waiting for?

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Don't Give a Dam!

The recent heavy rains we experienced proved that our community has good drainage, and the water levels receded quickly. But there were some problems – in some places garbage containers had been placed in the gutters and created a dam, which blocked the storm sewers and caused flooding into yards.

In the event we see heavy rain forecast again, please be careful not to block the gutters and drains. Thank you!

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!

Landscape Changes - (Continued from Cover Page)

As part of our goal to enhance the beauty of our community, Brickman has initiated a number of initiatives:

- We will be installing seed and/or sod in a number of places where the grass is thin or the turf is bare.
- We are implementing an extensive fertilization program to encourage the growth and health of the grassy areas. This also includes enhanced insect control.
- We have extended and enlarged the flower bed in front of the lake near the entrance.
- We will install holly bushes to fill in the areas adjacent to the brick walls.

Brickman will also be on site 5 days a week instead of 3-4 days with our previous contractor. This will greatly enhance their ability to quickly address any issues.

The other major landscaping effort has been trimming the oak trees along our major thoroughfares. This work was completed by Byron Bruess Tree Service. Several trees had to be completely removed due to significant splits in the trunks which posed a hazard if we had another major storm. Next year we will trim the trees along Turkey Creek, the entrances to neighborhoods, and in the cul-de-sacs.



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Yard of the Month

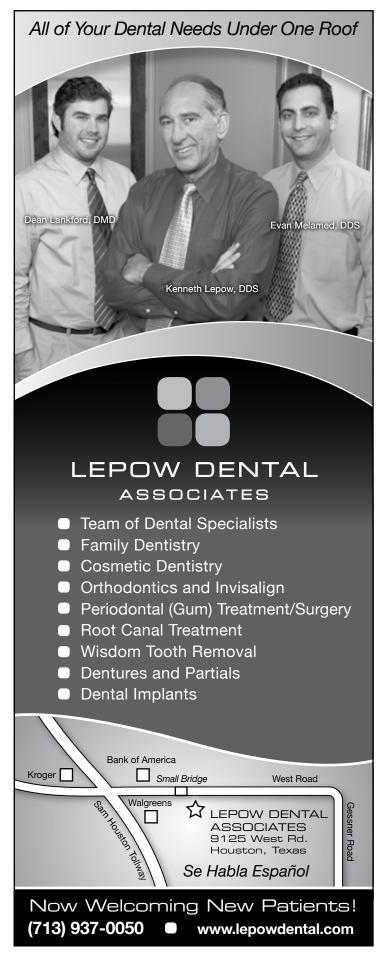
LOE would like to recognize those neighbors whose yards stand out from the rest. The extra time and effort these residents expend on their lawns, and the imaginative touches they bring to their landscaping foster a positive image of the entire community. If you would like to nominate one of your neighbors or yourself for the Yard of the Month, please send your suggestions to the member section of the LOE website, www.lakesoneldridge.net

Congratulations to the winners of the May Yard of the Month!









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Quoc Le, MD

Alex Nguyen, MD

Blandina Sison, MD

Marian Allan, MD

Anthony Yee-Young, MD

Diana Malone, MD

Shital Patel, MD

Heidi Nashed-Guirgis, MD

Luz Marquez, MD

Jennifer Dong, MD

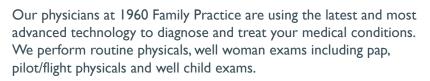
Haley Nguyen, MD

Tami Berckenhoff, PA-C

Brandi Valenzuela, PA-C

Sydney Payne, PA-C





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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

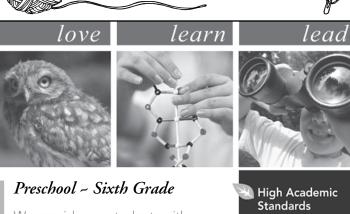
CTSpellings@aol.com or Tina Wang at 713-574-1654 or Yangingwang20022003@ vahoo.com

MotherHood

The Lakes on Eldridge (LOE) MotherWise group has realigned and changed its name to MotherHood. The group's focus promotes fellowship for mothers in the neighborhood, allows participants to share parenting skills and offers an opportunity to devote time to prayer. The group has resided within our community for 10 years and provided LOE moms with a spiritual and social network. The frequency of the meeting times and location has changed. The meetings are comprised of devotional readings, prayer requests, general discussion and social time. The group meets on the 2nd Wednesday of the month from 7:30 - 8:30 pm in private residences. To learn more about this enriching support network, please call Wendy Craven at (713) 856-7054 or Joy Hall at (713) 856-8444. Participation is open to those outside of the LOE community as well... so bring a friend!

PLEASE LET US KNOW!

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



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LOE BIBLE STUDY

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

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

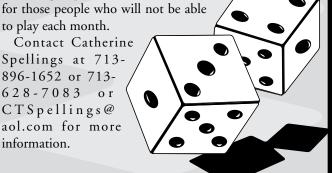
ATTENTION! ATTENTION! BUNCO JUNKIES!

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

to play each month.

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





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<u>Lakes on Eldridge</u>



The Cy-Fair VFD Urges Citizens to be prepared for Hurricane Season

June 1st is the official start of Hurricane season and the Cy-Fair Volunteer Fire Department would like to urge all citizens to make sure they are prepared in the event a hurricane affects them this year. The best way to do this is to have a Disaster Supply Kit ready in advance. This kit should include at a minimum:

- Water –At least a five to seven day supply (one gallon per person per day)
- Food –At least a five to seven day supply of nonperishable/ canned food - (Change out stored water and food supplies every six months)
- First Aid Kit
- Flashlight with extra batteries
- Battery powered radio
- Medications and special items (pain relievers, diapers, etc.)
- Tools and supplies
- Sanitation (toilet paper, personal hygiene items, etc.)
- Change of clothes and bedding
- Cash
- Important documents (birth certificates, insurance/bank account information, etc.)
- Food, water, and medicine for your pets
- Kennels or crates for pets

You can also visit the Harris County Office of Emergency Management's website at: www.hcoem.org and clink on the right side link to natural disasters to access additional information on preparing for and dealing with hurricanes.

The Cy-Fair Volunteer Fire Department provides fire, rescue, and EMS services to 156 square miles of Northwest Harris County for the residents of Harris County Emergency Service District #9. By operating from 12 community based volunteer fire stations we are able to quickly and efficiently respond to help our neighbors in times of emergency.

For more information on the Cy-Fair Volunteer Fire Department or on how you can join the other 350 volunteers of our Department and be one of Cy-Fair's bravest call us at 281-656-3840 or visit us on the web at www.cyfairvfd.org.

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.

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.

August 24 - The Madonnas of Leningrad by Debra Dean. Bit by bit, the ravages of age are eroding Marina's grip on the everyday. An elderly Russian woman now living in America, she cannot hold on to fresh memories-the details of her grown children's lives, the approaching wedding of her grandchildyet her distant past as a docent at the Hermitage Museum in Leningrad during the Nazi siege are as vivid as yesterday.

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.

Cooking Corner

Grilling Questions from "Dear Food Network"

Question:

For some grilled meats I'm told "Don't touch it; just let it cook on one side and then turn it." For other meats, I'm told to keep turning while grilling. Which meats and poultry should be left alone and which ones should be turned frequently?

Answer:

We can't think of many kinds of fish or meat that appreciate being continually interrupted while they're cooking. The advice to leave it alone is worth making your rule of thumb. It's all about developing a good sear, getting attractive grill marks and reducing sticking. You'll want to sear steaks on high heat on both sides and get them off the grill in short order so as not to overcook. Cook chicken over indirect heat and turn it; you'll turn it again after you baste it with any sauces toward the end of cooking. Really, that's an example of the only justification for micromanaging meat on the grill: when you want to adjust the cooking temperature, either to slow or speed cooking. Beyond chicken, this is a consideration for larger cuts of meat and roasts. Build a fire or use your gas grill to set up more than one zone of heat, ideally three: Use the hottest zone to sear meat, medium to cook it and coolest to keep it warm if need be before serving.

Summer Recipe:

Grilled Chicken with Cherry-Chipotle Barbecue Sauce

Recipe courtesy EatingWell.com Recipe by Nancy Baggett

This is a spicy but not fiery-hot dish. It is made with chipotle peppers (smoked jalapenos), which add not only heat but also a subtle smoky taste. Enjoy this variation of barbecued chicken with coleslaw and cornbread..

Prep Time: 30 min; Cook Time: 2 hr 15 min; Level: Easy; Serves:8 servings

Ingredients

- 2 pounds boneless, skinless chicken breasts, trimmed of fat
- 1 cup fresh or frozen (thawed; see Tip) dark sweet cherries, pitted and chopped
- 1/2 cup reduced-sodium chicken broth
- 1/3 cup cherry preserves
- 1/3 cup ketchup

- 2 tablespoons cider vinegar
- 1 1/2 teaspoons minced canned chipotle peppers in adobo sauce, or more to taste (see Ingredient Note)
- 1 1/4 teaspoons dried thyme
- 1/2 teaspoon ground allspice

Directions

Stir cherries, broth, preserves, ketchup, vinegar, chipotle peppers, thyme and allspice in a small deep bowl. Transfer to a shallow non-reactive dish (see Note) large enough to hold chicken. Add the chicken and turn to coat well. Cover and marinate in the refrigerator for at least 2 hours or overnight.

Preheat grill to high. Oil the grill rack (see note below). Remove the chicken from the marinade. Transfer the marinade to a medium skillet.

Reduce the grill heat to medium and grill the chicken until cooked through and no longer pink in the middle, 7 to 9 minutes per side. Meanwhile, bring the marinade to a boil. Reduce heat to a simmer and cook until the sauce is reduced by about half, 12 to 15 minutes. Let the chicken cool slightly; serve with the sauce.

NOTE: Chipotle chiles in adobo sauce are smoked jalapenos packed in a flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once opened, they'll keep up to 2 weeks in the refrigerator or 6 months in the freezer. To oil a grill rack: Oil a folded paper towel, hold it with tongs and rub it over the rack. Do not use cooking spray on a hot grill. Be sure to measure frozen cherries while still frozen, then thaw. (Drain juice before using.) To pit a cherry: Halve it with a paring knife then pry out the pit with the tip of the knife or use a cherry pitter. A non-reactive pan--stainless steel, enamel-coated or glass--is necessary when cooking acidic foods, such as lemon, to prevent the food from reacting with the pan.

Reactive pans, such as aluminum and cast-iron, can impart an off

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color and/or off flavor in acidic foods.

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

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CY-FAIR KIWANIS CLUB

Jennifer Nguyen of Mayde Creek High School was the recipient of a scholarship from the Cy Fair Kiwanis Club in May. Key Club members from Cy-Fair, Cy-Ranch, Cy-Woods, Cy-Creek, Mayde Creek, Cy-Falls, and Jersey Village, all clubs sponsored by Cy-Fair Kiwanis, reported on their year's activities at the Club's luncheon on May 19.

On May 30, the Club hosted a Kids Triathlon at the Langham Creek YMCA. Many youth from the area participated. Support of the community for this event is appreciated.

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 June 2, 9, and 16.

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.

Kirk Elementary

Registration Info for 2009-2010 School Year

Registration for the 2009-2010 school year will be held August 11, 13, 14, 18, 19, and 20, 2009 at Kirk Elementary. Hours will be from 8:00 to 11:00 a.m. and 1:00 to 3:00 p.m. Children entering Kindergarten for the first time must be five years old on or before September 1, 2009 and children entering first grade must be six years old on or before September 1, 2009.

A Big Kirk Tiger Thank You!

Kirk Elementary would like to extend a big thank you to the corporate sponsors that participated in our Spring Festival on May 1. Kids R Kids, Bella Nova Day Spa and Joanie Yust of Martha Turner Properties all provided elements of food and fun for our Kirk families to enjoy. You can thank them with your support of their business!



Name That Book!

Kirk Elementary Reigning District Champs Take 1st Place Again at School Competition!

On Monday, May 4, 2009, Kirk Elementary held their name that book competition. Six teams competed to represent Kirk at the upcoming district event. The reigning district championship team took 1st place and will carry the Kirk banner once again. The team consists of 5th graders front row Kevin Sheard, Jamie Won, and Timothy Angeles and back row Tiffany Pham Nguyen, Julianna White, Michelle Truong, and Pooja Agrawal. All teams prepare for the competition by reading books from a list of 100 titles throughout the year. As the competition nears, many kids will give up their recess time to practice drills on the books. All competitors exemplified dedication to the task while improving their reading speed and comprehension. The district contest will be held May 20, 2009 at the Berry Center. Good luck to our Kirk Tigers!!



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Meet Chris

DOB: 3/1993

Chris is an energetic youth who enjoys playing video games, lifting weights, and playing sports. He adores animals. Chris is talkative, outgoing and enjoys new experiences. Chris is very likeable and has tremendous potential.

Chris responds best to positive praise and reinforcement. He needs a family that will commit to him, ensure him that he's loved and safe. He will do well in a family that is active and has

other children his age or older.

Chris will thrive in a family able to provide a structured routine and clear rules.

If you would like more information about adoption from foster care in general, please contact the Adoption Coalition of Texas at info@ adopttexas.org or www. adoptioncoalitiontx.org





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Healthier Homes

By: Michelle and Charlie Bubnis

Non-toxic Relief from Mosquitoes

That high pitch hum in your ear...summer is here and the mosquitoes have arrived. It's time to take action but let's keep the family protected and safe.

Don't use any mosquito spray that contains DEET (diethyl toluamide). DEET is a very effective insect repellant but not the best choice for the families' health.

DEET is a known neurotoxin, causes kidney and liver damage and has been implicated in birth and developmental defects. "Children in particular are at risk for subtle brain changes caused by chemicals in the environment, because their skin more readily absorbs them, and the chemicals more potently affect their developing nervous systems." The World Health Organization (WHO) states that over 30% of the global burden of disease in children can be attributed to environmental factors, including pesticides.²

If the bottle of repellant you are planning to purchase contains DEET the label will say: may damage furniture finishes, watch crystals, leather, painted or varnished surfaces. This is a very harsh chemical that shouldn't be sprayed on the skin.

So what are some other options? Vinegar, either white or apple cider will work. Put it in a salad dressing bottle and sprinkle it on exposed skin. There are also herbal oils the are recommended such as tea tree, cedar, peppermint, citronella, eucalyptus and lemongrass. Mix these oils with cooking oil to dilute prior to putting on the skin.

If you wish to purchase insect repellant BUG OFF ³ from Dr. Mercola is a healthier option. It contains several of the essential oils listed above.

Mosquitoes are attracted to light colored clothing especially yellow. They zero in on fragrances from scented body care products, laundry detergents and scented fabric softeners. The use of unscented fragrance free products decreases the families' neurotoxic exposure but also keeps mosquitoes searching for another meal. Mosquitoes do not like the smell of garlic so by using a product called Mosquito Barrier(a very potent garlic solution) on the lawn, this will repel mosquitoes from the yard.

Check the external home environment. Be sure to empty any standing water around the home because this will provide the mosquitoes with a breeding ground. Consider putting up a bat house. A bat can eat approximately 600 mosquito sized insects an hour.

With these measures in place your family will probably not hear a high pitch hum in the ear this summer. The mosquitoes will find a better location than your home for their next meal.

For more learning and resources:

- 1 Duke University Medical Center (2002, May 2) DEET Brain Effects in Animals , Warrant Caution
- 2 Beyond Pesticides Fact Sheet: Children and Pesticides Don't Mix, Debra Lyn Dadd: About Natural Mosquito Relief, www.1001nets. net, cotton mosquito nets form Australia
- 3 Bug Off Toll free number to order: 877-985-2695



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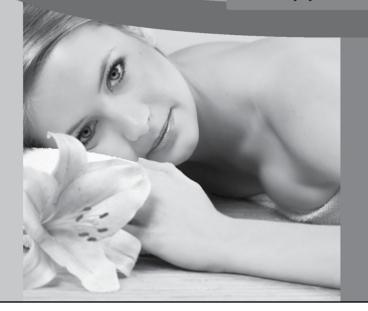
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						1		
1					9			3
			7			8	2	
	3	6				5		
					2		1	6
	6							1
	2		5				8	
7		5				4		

*Solution at www.PEELinc.com

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PLEASE SCOOP YOUR DOG'S POOP!

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

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- 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
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- 15. Inspect condenser fan blade
- 16. Water wash condenser coil and remove debris
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Sun-Blocking Babies Leads To Need For Vitamin D

Baylor College of Medicine

HOUSTON - The lack of sunshine exposure in many babies and small children has led to an upsurge in vitamin D deficiency and rickets.

"Since we don't want infants and children unprotected in the sun, we are now recommending vitamin D drops for all babies," said Dr. Steven Abrams, a professor of pediatrics at Baylor College of Medicine in Houston. "In addition, there is increasing recognition that maintaining adequate vitamin D intake is important for all ages, from infants to the elderly."

Infant formulas and cow's milk are fortified with vitamin D at the levels needed by infants and toddlers. However, breast milk does not contain enough vitamin D for some babies, especially those with dark skin who have limited sunshine exposure.

"The body can make all the vitamin D it needs when the skin is exposed to sunlight," said Abrams, also a researcher at the USDA's Children's Nutrition Research Center at Baylor. "However, the dangers of skin cancer have caused us to recommend that everyone, including young infants, be protected with a sunblock when exposed to sunlight. Sunblock also prevents the production of vitamin D."

Vitamin D is not easily obtained through diet. Certain types of fish are good sources, and some soy beverages, fruit juices and ready-to-eat cereals are fortified with the vitamin. Checking food labels is the best way to see if vitamin D has been added.

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Cy-Fair Community Emergency Response Team

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.

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Eight Water Safety Rules for a Safe Summer Submitted by Lynn Neillie

- 1. Always have a pool gate around home pools. This includes having a locked and securely fastened gate that is not accessible to little ones.
- 2. Continuously educate children on water safety. This is a great thing to do at home, on the boat, at the pool, wherever there is water. Each time you are getting your little one ready for a swim session or water play, go over the rules of water safety. Repetition is key with small children. Make sure your swim instructor incorporates a "Safety Lesson of the Week" into its lesson curriculum. This includes questions about water safety and how to avoid dangerous situations.
- Designate a "Water Watcher." This is a responsible adult who sticks to alcohol-free beverages during swim time and who is in charge of keeping both eyes on the pool while it is in use. Or, better yet: consider renting a Lifeguard for your party or group event.
- Remove all pool toys, floaters, ring buoys and other childenticing items from the pool area when it is not in use. One

- wrong reach for that floating rubber ducky could be disaster.
- 5. Clear homes of common household items that can be dangerous to a curious toddler. It takes just 2 inches of water for a child to drown in a bucket. Put all mop buckets, dog dishes and coolers out of children's reach.
- Never leave a young child in the pool or bathtub--even "just to get the phone."
- Enroll your child in swim classes. Start lessons early. The longer a child has lessons the more they understand water safety. A great time to do this is in the spring! This way your kids are already prepped and ready to roll for the summer swim season. You'll want to find an inside heated pool and lesson times geared towards working families.
- Supervise, Supervise! Try to have your eyes on your children in and around the pool at all times. Adults should always be present when any child is in the pool area.

Let's help our kids love the water while also respecting it by being safe and well-trained at all levels.

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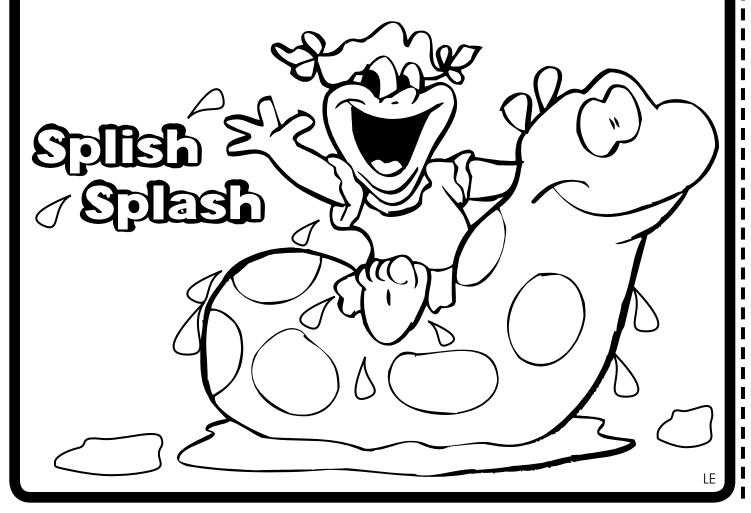
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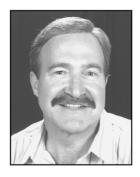
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