



LAKES

ON ELDRIDGE
NORTH

Volume 8, Issue 6

June 2009



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.)
- Important documents (birth certificates, insurance/bank account information, etc.)

- Change of clothes and bedding
- Cash
- 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 click 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.

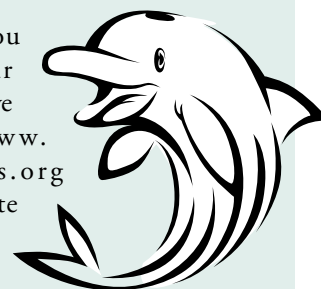
For more information on the Cy-Fair Volunteer Fire Department or on how you can join the other 350 volunteers of our Department and be one of Cy-Fair's bravest call us at 281-656-3840 or visit us on the web at www.cyfairvfd.org.

Lakes on Eldridge Dolphins Swim Team Events

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

As always you can visit our very informative website www.loedolphins.org for up to date information.



Lakes on Eldridge North

IMPORTANT NUMBERS

Gate Attendant..... 713-856-6127
Harris Co. Sheriff - (non-emergency) 713-221-6000
Cy-Fair Fire Department - (emergency)..... 281-466-6161
(non-emergency)281-550-6663
Poison Control..... 1-800-764-7661
Texas DPS..... 713-681-1761
Waste Management..... 713-695-4055
(trash collection Mondays & Thursdays)
Aqua Services 713-983-3602
(Service or emergencies 24 hrs) ... 713-983-3604
Harris County Tax Office..... 713-224-1919
Reliant Energy..... 713-207-7777
(give pole # of street which is out)
Entex (gas) 713-659-2111
Time Warner Cable..... 713-462-9000
Houston Chronicle 713-220-7211
Metro Transit Info..... 713-635-4000
Kirk Elementary..... 713-849-8250
Truitt Middle School..... 281-856-1100
Cy-Falls High School 281-856-1000
Newsletter Publisher
Peel, Inc.advertising@PEELinc.com, 888-687-6444

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

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

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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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Please e-mail articles and/or photos to articles@PEELinc.com.

Submissions must be received by the

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

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

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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." ¹ 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.

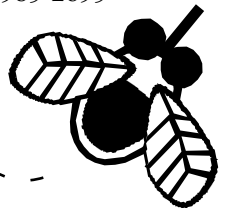
Mosquitoes are attracted to light colored clothing especially yellow. They zero in on fragrances from scented body care products, laundry detergents and scented fabric softeners. The use of unscented fragrance free products decreases the families' neurotoxic exposure but also keeps mosquitoes searching 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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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.

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Lakes on Eldridge North

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!



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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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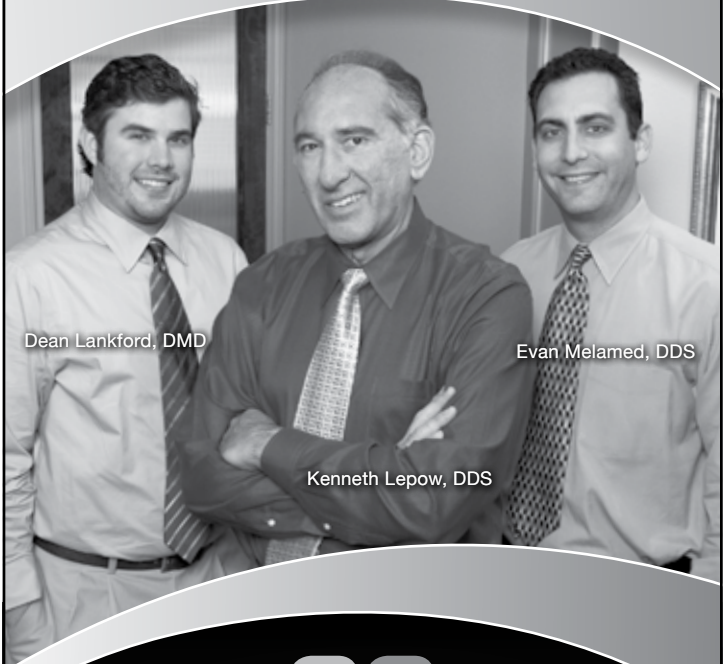
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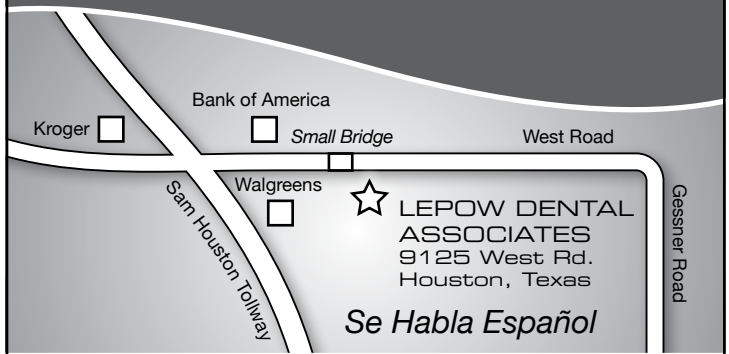
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Lakes on Eldridge North

Cypress Christian School and Cypress Bible Church Host Fundraiser

Students and parents at CCS teamed up with Cypress Bible Church on May 2 to host a fundraiser for Kristin Francis. The event, which included a garage sale, car wash, bake sale, face painting, silent auction, and barbeque, raised more than \$33,000. Kristin is a 2008 graduate of CCS, a member of Cypress Bible Church, and a freshman at Texas A&M. She was diagnosed in January with AVM-Arteriovenous Malformation, a congenital defect. Kristen has had numerous surgeries with months of rehabilitation still ahead.

A fund has been established to assist Kristen's family with medical costs not covered by insurance. For information on making a donation to this fund, please e-mail francisfund@hotmail.com.

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Cy-Fair Community Emergency Response Team

Cy-Fair CERT now has over 200 team members in your neighborhood. 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 everyone 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 others. The Harris County Citizen Corps www.harriscountycitizen corps.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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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.

Meet Chris

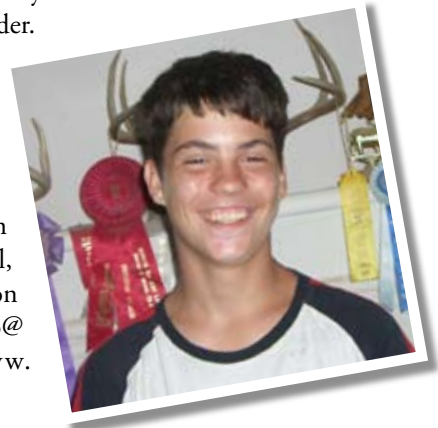
DOB: 3/1993

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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Pet Corner

More **HELP** for **PETS** ...

When a pet is lost, finding the pet means that time is of the essence. It takes time to create, print and distribute flyers. The flyers are many times illegible because of wind or rain. I certainly do not fault the pet owner because I have done this myself.

Frustrated, I thought there has to be a better way. So that is why we created Cypress Lost Pet Alert.com. The idea is to very quickly get the word out through an e-mail alert to as many neighbors as possible plus post the picture and information about the pet on the website under the specific neighborhood.

Once the email alert goes out to the specific neighborhood, many, many neighbors are now aware. If they happen to forward the email to their friends who have not signed up, it could mean hundreds of your neighbors are already alerted and are keeping their eyes open for your lost pet.

Cypress Lost Pet Alert.com is on-call 7 days a week from sun up to sun down and is FREE. We are glad to work with any informal email chains. The whole idea is to find lost pets quick for the good neighbors in Fairfield and surrounding areas.

Regards,

RB Cox

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Texas Terrapins

The Texas Terrapins Year Round Swim Team would like to congratulate Beth McNeese of Fairfield for winning overall High Point Girl and Byron Keller of Katy for winning overall High Point Boy for the 2008-2009 Short Course Season. For more information about the Terrapins and our programs including summer clinics and swim lessons, please visit our website at www.texasterrapins.com.



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- Damp wipe cabinet doors
- Clean counters
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- Load dishwasher

Bathrooms

- Clean sinks, counters; change towels
- Clean, disinfect toilets, tubs, showers
- Hand wash, disinfect floors

All Rooms

- Pick up and straighten
- Dust sills, ledges, wall hangings
- Remove cobwebs
- Dust/vacuum furniture
- Vacuum floors, carpets
- Vacuum stairs
- Vacuum under beds
- Change linens, make beds
- Empty trash

Windows

- Clean entry window & one set of patio door windows
- Clean window over kitchen sink

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 color and/or off flavor in acidic foods.





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**Per RE/MAX Jan '09

Lakes on Eldridge North

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.
 3. 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.
 4. Remove all pool toys, floaters, ring buoys and other child-enticing 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.
 6. Never leave a young child in the pool or bathtub--even "just to get the phone."
 7. 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.
 8. Supervise, 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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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."

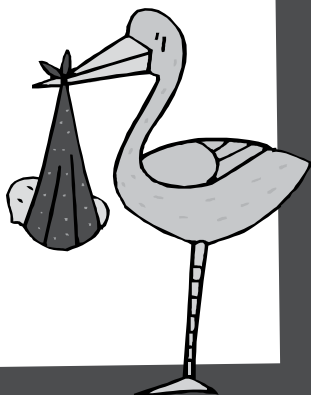
Infant formulas and cow's milk are fortified with vitamin D at the levels needed by infants and toddlers. However, breast milk does not contain enough vitamin D for some babies, especially those with dark skin who have limited sunshine exposure.

"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.

Stork Report in Lakes on Eldridge North

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

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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.

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Lakes on Eldridge North

Lone Star College - CyFair Perspective

"ALADDIN" ON STAGE IN JUNE

Join Aladdin and his friends, June 8 through June 20 in the Main Stage Theatre, in a new version of a classic children's tale that is funny, fast-paced and based on William Glennon's "Arabian Nights." Show times are Monday through Friday at 10 a.m. and Saturdays at noon. Tickets are \$5 each or \$4 for groups of 20 or more. Reserved and group seating available. Save the date July 17 through July 26 for "High School Musical 2" performed in collaboration with Houston's Center Stage Theater. For information on these summer shows, call 281-290-5201 or go to CyFair.LoneStar.edu/boxoffice.

FREE NEW STUDENT ORIENTATIONS SET

Take a tour, learn about campus programs, meet with an advisor, choose a schedule and register for fall classes at LSC-CyFair's free new student orientations this summer. Three orientation sessions, including separate sessions for parents and family members, will be available each Wednesday June 17 through August 19. For information, go to CyFair.LoneStar.edu/orientation.

L.I.F.E. LESSONS IN JUNE

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Programs in June include: harness your inner success June 3, professional tea tasting June 10, missing books of the Bible June 17 and marvels of olive oil June 24. Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

DISCOVERY COLLEGE OFFERED JUNE THROUGH AUGUST

Registration for Lone Star College-CyFair's popular Discovery College summer camp for ages 6 to 15 is under way. The one-week summer sessions are fun and educational programs to develop skills in a friendly environment. Camps are offered at the Barker Cypress campus and the Fairbanks Center campus, Monday through Friday. For information, go to cyfair.lonestar.edu/discoverycollege. For Barker Cypress camps only, call 832-482-1043 and for Fairbanks Center camps only, call 832-782-5038.

LIBRARY OFFERS SUMMER FUN FOR EVERYONE

The Harris County Public Library Lone Star College-CyFair Branch offers Summer Reading Program for children and adults. A variety of monthly book clubs are and there are plenty of youth programs with activities and book clubs for teens and storytime for younger children. Go online to CyFair.LoneStar.edu/library for information.

REGISTER FOR FALL AND PAY EARLY FOR FREE TUITION

Register and pay for fall credit courses before the close of business Monday, Aug. 3 and automatically be entered to win free tuition, IPOD Shuffle or \$300 book voucher. The grand prize covers payment of tuition and fees up to \$500 for credit classes at the Barker Cypress and Fairbanks Center campuses. Funds will be posted to the student's account. All winners will be notified and announced by Aug. 14. Call 281-290-3200 or 832-782-5000 for information; go online to CyFair.LoneStar.edu; or visit one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway.

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Lakes on Eldridge North

Regular Checkups Big Part of Staying Healthy

Regular screenings are an important part of staying healthy, but it's hard to remember what tests are needed at what age. Baylor College of Medicine doctors offer guidelines to help maintain good health through the ages.

"It is very important at any age to have regular health screenings," said Dr. Steve Rosenbaum, assistant professor of medicine at BCM and section chief of general internal medicine at Baylor Clinic. "It allows us to appreciate our good fortune for good health, and regular exams can detect problems early, so they can be treated and dealt with more expeditiously."

As we age, it is even more important to have regular screenings, kind of like having a favorite old car that we have to "baby" along, Rosenbaum said. He recommends people come in during their birth month. That way it's very easy to remember.

Just how often people should visit their doctor for regular checkups and screenings is a common question. **For people with no chronic health issues, Rosenbaum suggests:**

- People in their 30s should have checkups every two to three years
- By 40, checkups are recommended every 12 to 18 months
- Annual checkups starting by 50

RECOMMENDED SCREENINGS INCLUDE:

CHILDREN

- Hearing
- Vision
- Height/weight/Body mass index
- Blood pressure
- Speech and motor skills development
- Social/behavioral skills

TEENS

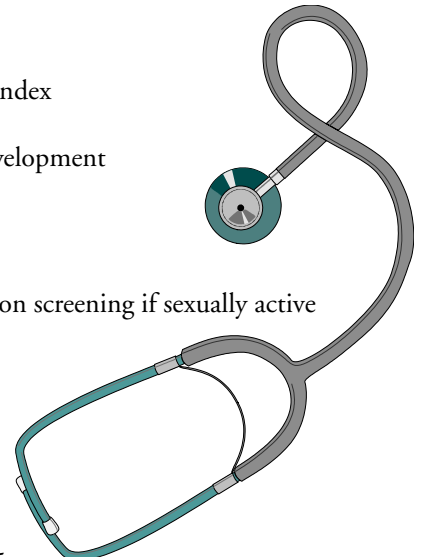
- Pap smear
- Sexually transmitted infection screening if sexually active
- Vision

20S

- Vision
- Pap smear
- Lipid test

30S

- Baseline mammogram at 35
- Vision
- Pap smear



(Continued on Page 19)



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Regular Checkups - (Continued from Page 18)

40S

- Mammogram
- Pap smear
- Vision
- Prostate
- Heart stress test

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- Colonoscopy
- Glaucoma/vision
- Prostate screening
- Skin cancer
- Stress test
- Hearing



There are many factors that could influence the frequency of screenings.

Family history of certain illness and risk factors should be discussed with your doctor. For some illnesses, like skin or colorectal cancer, if a first degree relative has been diagnosed, screening could be recommended to begin in the early 20s.

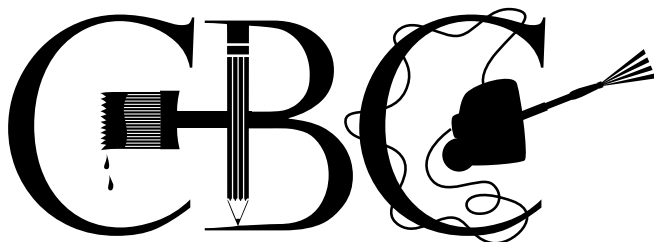
Remember, talking about family medical history with your doctor is just as important as staying up to date on your checkups.

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Talking to Your Kids About Money

Submitted by Rich Keith

The condition known as “affluenza” is contagious and rapidly spreading throughout our youth. Do you find your kids are disconnected from the concept of cash and its true value? Do you believe they are lacking in knowledge about how credit cards and debt really work? Results show that the 18-25 age group is now the largest demographic filing for bankruptcy. What’s the solution?

While children listen to their parents they don’t always do what their parents say they should do. They will, however, absorb their parent’s values. So the answer is to first examine your own attitudes about money. Learn and then live the principles daily that will keep you and your family healthy financially. And communicate with your kids about your process and the decisions you are making.

For example, in our home we no longer say, “We can’t afford that.” When we examined that statement we found it was weak and powerless. Instead we now say, “We are choosing not to afford that at this time.” This holds power and promise because: We choose. We prioritize. We can change if we want to, and it can lead to a discussion about life priorities. You can make a big difference in your kids’ lives regarding their attitudes toward money.

Attend some free educational workshops for teens and parents this month. Workshop attendees will receive a free copy of the book, “The ABCs of Making Money 4 Teens.” It is a groundbreaking book based on the acclaimed international Best Seller, *The ABCs of Making Money*. Written specifically for teens, this book covers all

the basics of making money, how to hang on to it and how to make it grow while having fun.

This common sense approach contains lots of simple, self-directed exercises and is loaded with inspirational teen success stories. The book follows the same successful formula as its predecessor, which stressed the importance of Attitude and Goal setting as the building blocks for success in any endeavor. This inspiring book gives teenagers the motivation and tools to achieve their dreams.

For 90% of the population, the best way for someone to learn something is to take a hands-on approach. In the ABC’s of Making Money 4 Teens, young people get the chance to write their thoughts and ideas all over their book. For example, there is space provided for you state your goals or your very own business ideas. This aspect makes this book a winner for young people.

So what is the ABC’s of Making Money 4 Teens all about? This book has three sections and each is very relevant to teens. The first section talks about ATTITUDES and how they are the key to either your success or failure. Attitudes are everything! The book reminds us that if you think you can’t do something, you won’t be able to! But if you believe that you can achieve a goal, even though it may be tough, you will succeed. So set your goals and change negative attitudes about money into positive ones!

The second deals with the “HOW TO’s” of money- in other words, the basics of saving and investing. It talks about the time value of money. The time value of money basically says that the more time you have to save and invest, the more money you will make with compound interest. That means that young people that start saving their money

early will become financially wealthy sooner! This section tells personal stories of successful and well-known investors such as the man who started Kinko’s.

The third chapter deals with CREATING WEALTH through entrepreneurial ideas. There are loads of young and old entrepreneurs that are featured in this section. There are entrepreneurial ideas, direction on how to start a business, and other useful small business tips. This was a very creative chapter in that it asks teens to draw out some entrepreneurial ideas that you have. It encourages you to bring those ideas to light!

The ABC’s of Making Money 4 Teens is filled with a number of stories about teens that have made a difference. Teens get to hear what successful teens their own age think and are doing to secure their financial freedom.



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In Social Or Public Situations, Keep Cell Phone Talk To A Minimum

HOUSTON - (May 05, 2009) - If you roll your eyes when people are chatting away on their cell phones in a public place, you're not alone. According to an expert at Baylor College of Medicine in Houston, public cell phone use at times shows disrespect and may impede social interaction.

"Depending on the situation, cell phone use can be problematic," said Dr. Catherine Romero, assistant professor in the Menninger department of psychiatry and behavioral sciences at BCM. "The manner in which you do it can also have an impact."

Talking on your cell phone while at a social event can unintentionally convey to those around you that their time is not as important as yours, said Romero. This is also true for texting or browsing through your blackberry. Nonverbal behavior such as lack of eye contact can convey a negative message.

In a public situation, loud cell phone talk can intrude on others' privacy and need for quiet. Sharing too much information on the cell phone in a public area can also make others feel uncomfortable. At times, it can even be dangerous. "If you're using your cell phone


in the car or other times you need to be paying attention, you are putting yourself and others at a greater risk," she said.

Those who are talking on their cell phones are also less likely to make contact with others around them, said Romero. It could be keeping them from forming social connections.

Romero suggests talking in a quiet voice if you must make a phone call, or excusing yourself to take a call and making it brief. Unless the atmosphere is very casual, she suggests not accepting non-urgent calls. It's important to be mindful and respectful of others around you, said Romero.

If someone around you is disturbing you with their cell phone conversation, Romero suggests gently approaching them and asking them to reduce their volume. It's important to convey that you are not angry. If they refuse, remove yourself from the situation.

"Many times, people may not even be aware of how loud they actually are," said Romero. "So try and give them the benefit of the doubt, and treat them how you want to be treated."



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- 1-Jul. 3—HOUSTON:** Literally Figurative Focuses on the many aspects of the human figure as depicted by craft artists through works made from ceramic, fiber, glass, metal, wood or mixed media. Houston Center for Contemporary Craft. www.crafthouston.org 713/529-4848
- 1-Aug. 2—HOUSTON:** Contemporary Conversations: John Chamberlain — American Tableau Presents a single large-scale sculpture as a room-size installation, accompanied by rare examples of the artist's drawings. The Menil Collection, 1515 Sul Ross. www.menil.org 713/525-9400
- 5-28—HOUSTON:** The Farnsworth Invention In 1929, two ambitious visionaries race to invent a device called "television." Alley Theatre. www.alleytheatre.org 713/228-9341
- 7-Sep. 27—HOUSTON:** Cildo Meireles Brazilian artist is best known for visceral, room-size installations that require the viewer to become a part of dialogues the artist has constructed about faith, power and politics. Museum of Fine Arts, Houston. www.mfah.org 713/639-7300
- 9-13—VICTORIA:** Victoria Bach Festival Leo J. Welder Center for the Performing Arts. www.victoriabachfestival.org 361/570-5788
- 11-21—HOUSTON:** Swan Lake Artistic director Stanton Welch has put his 21st-century signature on this 19th-century love story. Houston Ballet. www.houstonballet.org 713/227-2787
- 11-Aug. 6—NASSAU BAY:** Open Doors Series: Summer 2009 Juried Exhibition Features juried art in all media and subject matter by area artists. The Arts Alliance Center at Clear Lake. www.taaccl.org 281/335-7777
- 12—HOUSTON:** Bats on the Bayou Observe the emergence of approximately 250,000 bats from Waugh Street Bridge. The 90-minute guided tour is guaranteed to be both mesmerizing and informative. Meet at Allen's Landing. www.buffalobayou.org 713/752-0314 ext. 4
- 12—HOUSTON:** Doug Stanhope Stand-up comic whose confrontational stance comes from the rough, blistered underbelly of America's trailer parks. Warehouse Live. www.warehouselive.com 713/629-3700
- 12-14—BEAUMONT:** Seventh Annual SETx Mid Summer Classic Wakeboarding Tournament Starts with a pre-party on Crockett Street to watch wakeboarding videos and see some of the boats in the competition. More than 100 riders compete in four categories ranging from novice to outlaw. 409/781-4786
- 13—BAYTOWN:** Nike Bayou Bowl All-Star Football Game Gates open at 7 p.m. Stallworth Stadium, 2509 E. Archer Road. www.bayoubowl.org 281/422-8359
- 13—BEAUMONT:** Zydeco Fest Enjoy true zydeco music along with a multitude of fun and games. Gator Country Adventure Park. www.gatorcountrytx.net 409/794-WILD
- 13—EDNA:** National Get Outdoors Day Try the Scavenger Hunt. Pick up the information at the Nature Center and look for the items. Hours are 9 a.m. to 3 p.m. Lake Texana State Park. 361/782-5718
- 13—HOUSTON:** The Blew Notes Trio Offers a collection of spoken word, visual art and jazz musical performances featuring renowned poet and spoken word artist, Gil Scott Heron. Begins at 8 p.m. Miller Outdoor Theatre. www.milleroutdoortheatre.com 281/373-3386
- 14—HOUSTON:** Buffalo Bayou Kayak Trip Enjoy a kayak adventure through Houston's urban wilderness. Hours are 9 a.m. to 1 p.m. Paddle from Shepherd to east of downtown and return to Allen's Landing. www.buffalobayou.org 713/752-0314 ext. 3
- 14-Aug. 9—PORT ARTHUR:** The White House Garden Exhibition Traveling exhibition traces the development of the gardens and grounds from the plans of Pierre Charles L'Enfant to the present. Museum of the . www.museumofthegulfoast.org. 409/982-7000
- 16-28—HOUSTON:** Cabaret Travel back in time to the decadent world of 1930s Berlin. Theatre Under the Stars. www.tuts.com 713/558-TUTS or 888/558-3882
- 19—HOUSTON:** A Juneteenth Includes Trombone Shorty and Orleans Avenue, Keith Frank and the Soileau Zydeco Band, and Diunna Greenleaf with Houston blues legends I.J. Gosey and Earl Gilliam. Miller Outdoor Theatre. www.june19.org 281/373-3386 or 713/521-3686
- 19—PORT ARTHUR:** Juneteenth Celebration Includes a pageant and other activities through the week. Downtown. 409/982-8040 or 409/985-7768

(Continued on Page 28)



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Texas Events - (Continued from Page 26)

- 19—VICTORIA:** Victoria Country Music Show Hours are 7 to 10 p.m. Jaycee Hall. 361/552-9345
- 19-20—PORT ARANSAS:** Powderpuff Tournament Open to women only. Woody's Sport Center. www.woodysonline.com 361/749-5252
- 19-Jul. 19—PORT ARTHUR:** Black Art — Ancestral Legacy Exhibition Photographic exhibition addresses the question "What is Africa to me?" Works by 20th-century African-American artists visually respond to this question. Museum of the . www.museumofthegulfcoast.org 409/982-7000
- 20—EDNA:** Take Dad Fishing Day Start with free fishing at the Day Pier from 9 to 11 a.m. Then, go to the amphitheater to learn more with fish ID, casting, knot tying and fish printing from 2 to 3 p.m. Lake Texana State Park. 361/782-5718
- 20—SANTA FE:** Third Annual Custom & Classic Car & Bike Show Includes a swap meet. 16000 Hwy. 6. www.santafetexaschamber.com 409/925-8558
- 20-21—EL CAMPO:** Ricebelt Antique Tractor Pull & Show American Legion Grounds. E-mail: ecc@elcampochamber.com 979/543-9498
- 20-21—PORT NECHES:** Trade Days on the Avenue Includes antiques, collectibles, decor, entertainment, food and music. Port

Neches Avenue. 409/722-4023

- 20-Oct. 24—ORANGE:** Pistols: Dazzling Firearms Fifty exceptional American firearms illustrate how art, historical events and popular culture have influenced the design and symbolism of decorative weaponry. Stark Museum of Art. 409/886-ARTS
- 21—SANTA FE:** Summertime Festival Begins at 1 p.m. Haak Winery. www.haakwine.com 409/925-1401
- 24—HOUSTON:** Eric Clapton & Steve Winwood Toyota Center. www.houstontoyotacenter.com 866/446-8849
- 25-28—WHARTON:** Annie Junior Little Orphan Annie foils the villainous Miss Hannigan and teaches President Roosevelt how to end the nation's economic woes. The Plaza Theatre. www.whartonplazatheatre.org 979/282-2970
- 26-28—HOUSTON:** DockDogs Consists of dogs jumping into water from a designated dock with the largest or highest leap earning that canine a victory. The competition will be open to local dogs, too. Discovery Green. www.discoverygreen.com 713/400-7336

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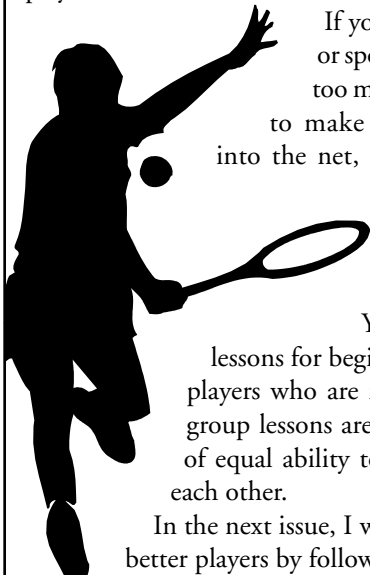
Fernando M. Velasco

In the last issue, I gave you some tips on how to select the proper racket, strings and shoes. In this issue, I will give you some tips on how to practice with another player.

One does not need a full tennis court to practice the fundamental strokes of the game. I suggest contacting some of the tennis centers in your area and ask them to give you some of their "old teaching balls." Most of the clubs replace them every so often and they may have some that are still good for practicing.

I recommend placing the balls in a ball hopper (available in sport stores), or even a simple laundry basket (like we used to before the sophisticated ball retrievers became available). Start practicing by simply dropping the ball and hitting it over the net. Remember to take your racket back early, have a good point of contact and follow through without snapping your wrist. Start first with your forehand and then practice your backhand.

After hitting all balls over the net, then each player should be on opposite sides of the court. One will feed the ball; the other will try to retrieve it back. Try to hit as many consecutive balls as possible. Once, all balls have been used up, then let the other player do the same.



If you are playing with your spouse or spouse-to-be, I suggest not making too many suggestions. No one wants to make mistakes and hit balls long, into the net, nor to the parking lot. Your local tennis professional will come in handy to give you advice on how to become a "consistent" player.

Your local club offers many lessons for beginners, advanced beginners and players who are returning to the game. These group lessons are inexpensive and allow players of equal ability to meet and later practice with each other.

In the next issue, I will give tips on how to become better players by following the "CCDP" principles.

More Tips to Come!

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						1		
1					9			3
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	3	6				5		
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	6							1
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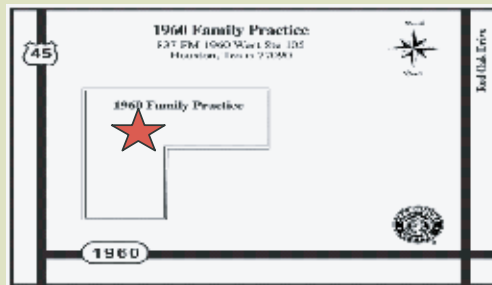
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June Landscaping

Submitted by Ron Kerwin

It is getting hotter out; plan your lawn/garden work for early morning or evening to avoid the heat of the day. Make sure you drink plenty of non-alcoholic fluids, preferably water, to keep from becoming dehydrated.

Plan your mowing schedule around the growth of your lawn. You should not mow more than 1/3 of the blade length off at a time. If you water or fertilize too much, you will generate excessive growth. This will require more frequent mowing to avoid cutting off more than 1/3. If you postpone mowing, you will be damaging your lawn, generating excess clippings which will require more of your time to mow over them multiple times, and you will do your small mower engine harm by trying to mow too much grass with its smaller horsepower. With proper fertilization and watering, weekly mowing should be adequate; there will be exceptions however.

You can fertilize again this month with a 3-1-2-ratio fertilizer or 4-1-2; try to get it with a minimum of 50 % slow release nitrogen to stretch out its benefits. Water the granular fertilizer in soon after application. You can water your patio plants and hanging baskets with a diluted 20-20-20 water-soluble fertilizer. Try to use filtered or distilled water for these plants and baskets to reduce the chlorine getting to the plants.

Canopy your trees to allow more sunlight to get to the lawn grasses underneath. Low tree canopies will not allow grass to survive. You want the lower branches removed anyway for safety reasons while mowing. You don't want to get poked in the eye.

On Red-tip Photinia and Indian Hawthorne's watch for maroon colored spots on the leaves. This indicates a fungal leaf spot and could be fatal to the shrubs if left unattended. Apply a fungicide, Banner or Daconil as soon as you can. Powdery mildew on roses, crape myrtles, eunonymus and zinnias in late spring can be treated with a funginex spray weekly.

Trim your spring flowering shrubs now and then leave them alone. Your Indian Hawthornes and other spring flowering shrubs are done blooming. Now is the time to trim them back. After you do this, do not trim them again until after they bloom next spring. Trimming them later in the year may result in your removing the flower bud heads for next year. June bugs DO NOT mean to treat for their larva, grub worms. Treatment is only effective in late July/early August IF you have grubs. Spider mites can be treated with miticides, insecticidal soaps or just a blast of water from your hose.

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

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| 5. Inspect indoor coil if accessible | 15. Inspect condenser fan blade |
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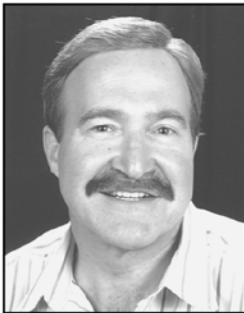
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