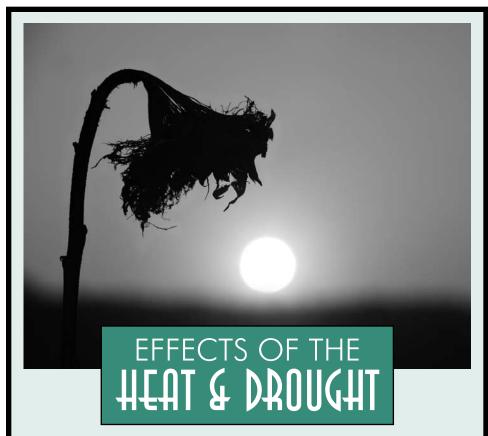


Volume 8, Issue 7 July 2009

Official Newsletter www.lakesoneldridge.net



You are sure to have noticed the stressed grass and plants in the common areas resulting from the dry conditions experienced in June. Our new landscape contractor, the Brickman Group, has done some fine work to increase the beauty of the community, but these efforts were set back following the heat wave. Irrigation was also affected by the drop in water levels, and was supplemented with manual watering from Brickman's water truck, but it is impossible to hand water the entire subdivision. Irrigation continues during nighttime hours to minimize evaporation, but the additional cost of pumping water from our wells will be very high.

The dead sod was planned for replacement following the return of rainfall to our area. Until that time, please understand that the brown areas are not from a lack of effort on anyone's part. We look forward to a green community again soon.



July will be the final month for residents to make sure that our gate attendants have your contact phone number on file before new access control procedures are adopted.

We have equipped our security personnel with a computer file of all residents so that they can be contacted as necessary to allow visitors to gain access. Beginning in August, if a visitor does not have the resident's phone number, and this is not on file, access may be denied. Remember also to record the names of your frequent visitors, landscape contractors, house cleaners, etc.

Just call the main gate at 713-937-8825, or use the form in this newsletter to register the information. THANKS!

GO PAPERLESS Sign up to receive The Lakes on Eldridge Newsletter in your inbox. Visit PEELinc.com for details.

## **IMPORTANT NUMBERS**

AMI713-932-1122
Gate Attendant
Waterfowl, Betty Burkett713-302-9929
Sheriff - (non-emergency)713-221-6000
Cy-Fair Fire Department - (emergency)
(non-emergency)
Poison Control1-800-764-7661
Texas DPS713-681-1761
Waste Management
(trash collection Mondays & Thursdays)
Aqua Source
(Service or emergencies 24hrs)713-983-3604
Harris County Tax Office713-224-1919
Reliant Energy 713-207-7777
(give pole # of street which is out)
Entex (gas)713-659-2111
Time Warner Cable713-462-9000
Houston Chronicle
Metro Transit Info713-635-4000
Kirk Elementary 713-849-8250
Truitt Middle School
Cy-Falls High School
Cy-Ridge High School
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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:

## Visit the Association Website: www.lakesoneldridge.net



## MARK YOUR CALENDARS! Annual Homeowners Meeting



It's not too early to mark your calendars for Tuesday Oct. 20th and plan to attend the Annual Lakes on Eldridge Homeowner's meeting to be held at 7:00 pm at Kirk Elementary School. This will be an important meeting to review 2009 accomplishments and plans for 2010, and we urge all to attend. Watch for more details in upcoming newsletters.

## **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.



Did you know . . . As WEST HOUSTON GROWS, GETTING AROUND IS EASIER!



The Katy Managed Lanes (HOV) are a new type of roadway, allowing Single Occupancy Vehicles (SOV) to use the lanes 24 hours a day for a toll.

Roadway at-a-glance

- Two lanes in each direction between SH 6 and IH 610 primarily serves mass transit and HOV needs during peak hours with any unused lane capacity made available to single drivers for a toll
- Single Occupancy Vehicles (SOV) will be charged electronically via an EZ TAG or Tx Tag

EASTBOUND Mon. - Fri: 6am \$0.80, 7 to 8am \$1.60, 9am \$0.80 WESTBOUND Mon – Fri: 4pm \$0.80, 5 to 6pm \$1.60, 7pm \$0.80

For more information go to www.hctra.org/katymanagedlanes

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OUR ACCREDITED STAGING P

## Lakes on Eldridge

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(Please Print)			
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NAME:			
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CHILDREN:			
PHONE NUMBER: H:	W:0	C:	
MAINTENANCE SERVICES:			
LAWN MAINTENANCE:(company)		WEEKLY	MONTHLY
POOL MAINTENANCE:(company)		WEEKLY	MONTHLY
MAID SERVICE:(company)		WEEKLY	MONTHLY
PEST CONTROL:(company)		WEEKLY	MONTHLY
the	give to the gate attendant.	-	Decks hade Arbors exas Porches
Pol Nanny Weekly & Vacation Swimming Pool	ustom Undoors	Sw Sw	Patios tdoor Kitchens Flagstone Waterfalls vimming Pools
Maintenance II	(1))	- 28	81-858-9696
Maintenance 281-858-4868	*Extensive Online Photo Alb		31-858-9696 rustomoutdoors.com

We have so much to be grateful for in America and what better time to reflect than Independence Day?

It is an honor to be able to help families fulfill the American Dream of owning a home. If you or someone you know is considering a move, please call me today.

Have a safe and happy 4th of July!



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Lakes on Eldridge - July 2009 5

## 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

## 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 <u>news@</u> <u>lakesoneldridge.net</u> so they may be recognized in the newsletter.



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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.

July 27 - <u>Dreams from My Father</u> 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. <u>Dreams from My Father</u> 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 - <u>The Madonnas of</u> <u>Leningrad</u> 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.



At no time will any source be allowed to use the Lakes on Eldridge Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Lakes on Eldridge residents only.



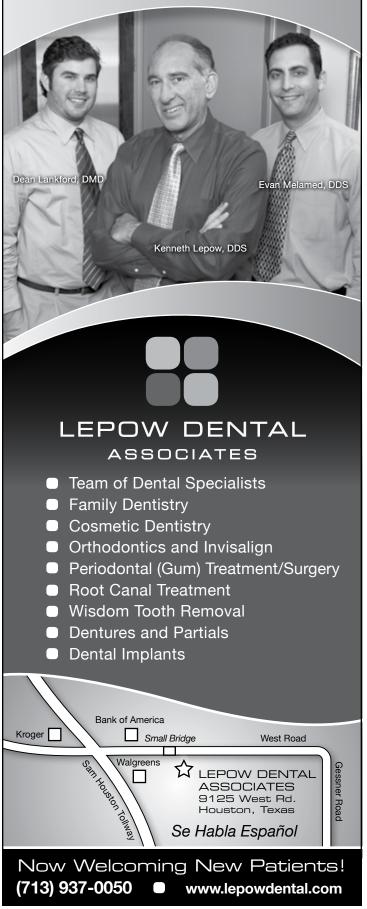
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## Lone Star College-CyFair "Perspective"

#### Sign Up for the Summer Bridge Program

Set July 13 through Aug. 6, this program is available for first-time college students who are on the threshold of being able to enroll in college-level courses. Free textbooks, mentoring, tutoring and support services as well as a \$400 stipend upon course completion are incorporated into the program to assist students in their transition into college. For program eligibility requirements and information, call Erin Smith at 281-290-3430 or go to CyFair.LoneStar.edu/summerbridge.

#### "High School Musical 2" on stage in July

Don't miss this new high energy show, an adaption of the Disney Channel's sequel to the wildly popular "High School Musical," which follows the Wildcats from East High School into their summer months at Lava Springs Country Club. Reserved and group seating available. "High School Musical 2" will be performed in collaboration with Houston's Center Stage Theater July 17 through July 26. For ticket information, call 281-290-5201 or go to CyFair.LoneStar. edu/boxoffice or www.houstonscenterstage.com.

#### "Milestones and Signposts" in the Bosque Gallery

Check out this exhibition of work by two talented Houston Area artists Chris Narum and Humberto Saenz whose content is connected by the investigation of the idea of the marginalization. The exhibition will be on display July 7 through July 23 in the Bosque Gallery with an opening reception at 4:30 p.m. and artist talk at 5 p.m. July 9. Go to CyFair. LoneStar.edu/bosquegallery for gallery hours and information.

#### 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, continue each Wednesday through August 19. For information, go to CyFair. LoneStar.edu/orientation.

#### L.I.F.E. Lessons in July

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 July include: Dance Salad video of eclectic mix of dancing July 1, stress and your health July 8, Nia "cardiovascular" dancing July 15, genealogical expedition July 22 and curry/korma cooking July 29 (held in HSC 105). Call the library at 281-290-3213 for L.I.F.E. program information or go online to CyFair.LoneStar.edu/library.

#### Summer Film Series and Art Exhibitions

The free Cinema WOW! Film Series, which includes an engaging discussion after the movie, continues with "Touch of Evil" July 8; "LA Confidential" July 14 (at LSC-Fairbanks Center) and "Bad Education" July 22. For information, go to CyFair.LoneStar.edu/filmseries.

Check out "Milestones and Signposts" July 7 through July 23 and "Confluence, Study Abroad 2009" Aug. 4 through Aug. 27 at the Bosque Gallery. Go to CyFair.LoneStar.edu/bosquegallery for gallery hours and information.

#### Discovery College continues 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.

#### 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 - July 2009 9

## Lakes on Eldridge

## The American Business Woman's **Association of Cy-Fair Express Network**

WHEN: TIME:

**EVENT:** Cy-Fair Express Network Thursday, July 23, 2009 11:30 am - 1:00 pm WHERE: Houston National Golf Club 16500 Houston National Blvd Houston, TX. 77095 (281)304-1400

#### NETWORKING AND BUSINESS LUNCHEON

The American Business Women's Association Cy-Fair Express Network invites you to their monthly networking meeting and luncheon. Join us as

Marlene Lobberecht of Intellaskill shows us how to "Update Your Business Plan". Lots of fun, networking and giveaways. Bring plenty of business cards.

Reservations: Contact Anya Lucas 713-459-2331 or anya@lucascarecare.com Or go to www.cyfen.org for more information. Please try to RSVP by Friday May 22, 2009.

CYFEN is an ABWA Express Networking organization providing opportunities to network with professionals in the Northwest Houston area, and offers professional development and educational advantages through ABWA. CYFEN meets the fourth Thursday of each month (except November and December), and visitors are always welcome. Contact Anya Lucas for more information.

## Houston Undercover **A Quilt Show**

Presented by: Quilt Guild of Greater Houston

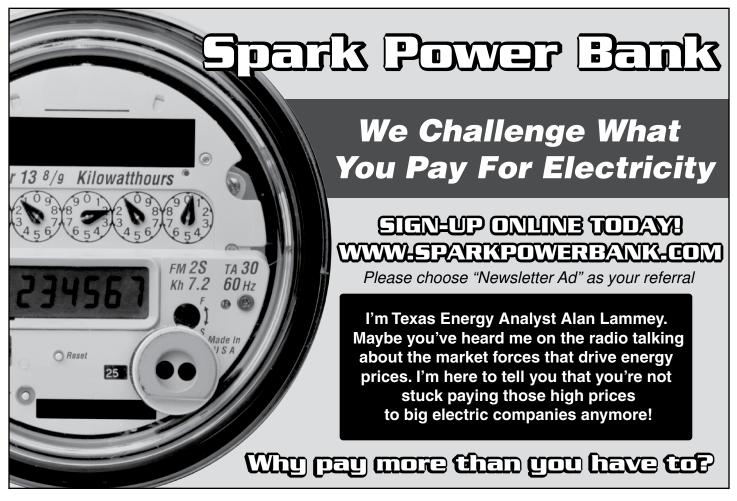
#### Location:

Memorial Drive Presbyterian Church 11612 Memorial Dr. Houston, Tx

Dates: July 23 - Auction & Preview Night, 6-8:30 pm July 24-25 - Quilt Show, 10 am - 6 pm

#### **General Admission:** \$5

Judged quilt show with over 200 quilts, various vendors, snack bar, door prizes, donation quilt, quilt appraisal, Children's Scavenger Hunt. Each child will get a prize for participationg. The children are quilters of the future. Contact information: www. qggh.org or 979-289-5175



## 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 for those people who will not be able 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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## Lakes on Eldridge

## Cypress Assistance **Ministries**

#### School Supplies Needed 11202 Huffmeister 281-955-7684 www.cypressassistance.org

Families of hundreds of school-aged children in the Cypress area are depending on CAM to assist them with necessary school supplies for their children. These start-up supplies can be impossible to fit into an already strained budget. Your donations of the following would be greatly appreciated:

- pocket folders with brads
- washable markers
- large & small packages manila paper
- large & small packages multi-colored construction paper
- pencil boxes/pouches
- scissors
- new socks and underwear in adult sizes

#### For the Food Pantry, donations of the following will help families with children home for the summer:

- Peanut butter & jelly
- Sweetened Drink Mixes
- Spaghetti Os
- Snack Foods
- Canned Meats
- Powdered milk
- Toilet Paper/Paper towels

Donations can be made Monday through Wednesday from 10AM – 6PM and Thursday through Saturday from 10AM - 3PM.

For a description of the services and volunteer opportunities at Cypress Assistance Ministries please see our web site, www. cypressassistance.org.

## **Kirk Elementary**

#### Music Memory Team takes the GOLD !!!

The music memory team at Kirk Elementary, under the direction of spotlight teacher Mrs. Charlsie Gomez, received the gold division plaque at the Cy-Fair District Music Memory Contest. The gold division is the highest level awarded at the contest. These students worked diligently all year to learn about the eight composers, their music and their history. They were able to identify all the compositions after hearing only a two - second excerpt! Congratulations to the following team members: Timothy Angeles, Pooja Agrawal, Poonam Agrawal, Maria Bustamante, Austin Chan, Michelle Truong and Collin Viator. Way to go Kirk Tigers!!

#### Kirk Elementary Important Dates in August

- Registration will be held on August 11, 13, 14, 18, 19, 20 from 8:00 - 11:00 am and 1:00 - 3:00 pm.
- · Home room lists will be posted at the school on August 14 at 3:30 pm.
- Students and parents will have the opportunity to meet their new teacher on August 19th. Pre-K and Kinder will meet at 5:30 pm, second and third graders will meet at 6 pm, first graders at 6:30 and fourth and fifth graders at 7:00 pm.
- First day of school is Monday, August 24th.

## **Cypress Christian School Students Collect**

Elementary students at Cypress Christian School recently collected money for children who have cancer in the Houston area by

donating "pennies for patients." Grades kindergarten through fifth grade raised a total of \$415.33, which was donated to the Leukemia and Lymphoma Society. The organization raises money for children who have been diagnosed with several different kinds of cancer.

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## 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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## Tim Ziifle

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lan W.

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Dave & Elaine R.

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Paul & Alinta S.

"It was very important to my wife and I that our agent was available when needed. Tim proved readily available when contacted via telephone and email. Tim also followed up with every agent that showed the house to obtain feedback on a potential sale as well as to obtain advice on how to improve showings."

Christopher & Jenny H.

"I have bought and sold two other homes and Tim is the best realtor I ever had. He is smart and knowledgeable, professional and friendly, and helpful, looks after your interests, is always on time and available by phone or email."

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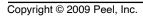


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## Lakes on Eldridge LONE STAR TEXAS LICENSE PLATE SET TO HIT TEXAS ROADWAYS

Eight-year-old John Thomsett of Gilmer, Tx. joined Texas Department of Transportation (TxDOT) officials on Tuesday to announce that the colorful new general-issue license plate, Lone Star Texas, is about to hit Texas' roadways.

"My fellow Texans, I am pleased to announce that the new license plates have left the factory," John said during a TxDOT press conference at the Travis County tax office in Austin. "You will be seeing it on a car or truck near you real soon."

TxDOT began shipping the new generalissue plates to the 254 county tax offices statewide on Monday. County tax offices should have the Lone Star Texas plate in stock by no later than June 12.

"Because our state is real big, it will take about two weeks for the plates to arrive in all the county tax offices," John explained. County tax offices will need to exhaust their current plate inventory before issuing the Lone Star Texas plates.

In February 2008, John and his classmates at Gilmer Elementary School helped to choose the Lone Star Texas design as part of TxDOT's first online vote for a new generalissue license plate. John's teacher, Kerry Hradecky, cast the vote for the class.

"I was very excited that my students could be involved and have a voice in voting for such a prevalent symbol - our state license plate," said Hradecky, who teaches first grade at the Gilmer Elementary School. "We discussed that different states have different license plates based upon state characteristics and our privilege as Americans to vote."

Cindy Jones, who can trace her Texas roots back to an ancestor in the Republic of Texas Navy, said she cast her vote for the Lone Star Texas plate because it shows off the state's majesty and pride.



"The license plate was an inspiration - and I never thought I'd say that!," said Jones, who lives in Mason. "Allowing everyone to vote was a great idea."

Ed Serna, TxDOT assistant executive director for operations, said at the press conference the new general-issue plate goes by a special name at the agency. "At TxDOT we affectionately call it 'The People's Plate," Serna said.

Texans chose the Lone Star Texas plate from five different designs. The plate design received 455,878 of the more than 1.1 million Texans votes. The Texas Transportation Commission, which by law must approve the state's general-issue plate, unanimously agreed with online voters and approved the plate on Feb. 28, 2008.

The opportunity for a new general-issue license presented itself when the agency realized it was going to run out of the sixcharacter plate patterns. The new generalissue plate features seven-character license plate numbers.

It also is the state's first digitally-produced and full color general-issue license plate. The Lone Star Texas design features clouds in a blue Texas sky and brushes of red and blue with the familiar Lone Star in white. The plate also features the Davis mountain range. The digital process creates a more environmentally-friendly plate, eliminating the need for 484 gallons of paint thinners and 396 gallons of ink annually, and the energy needed to power huge ovens that dried the plate ink. The factory at the state prison in Huntsville, where the license plates are manufactured, was retooled and outfitted with new equipment for digital production.

"We are asking Texans to join us in our concern for the environment by not rushing down to their local county tax office to purchase this plate," said Rebecca Davio, director of TxDOT's Vehicle Titles and Registration Division, which oversees the manufacturing of the state's plates. "Our plates are made of recyclable aluminum but if everyone decides to run out for the new plate then good plates will be wasted."

Texans eligible for the new license plate will be those that purchase a new vehicle, and those whose license plates are seven years old, the mandatory time when plates are replaced because they lose their safety reflectivity.

Nelda Wells Spears, the Travis County tax assessor-collector, reminded Texans that the reflective sheeting on license plates helps rescuers and citizens spot vehicles at night that have run off the road or are pulled off *(Continued on Page 16)* 

Texas Department of Transportation

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

I have been receiving daily calls regarding the market in Lakes On Eldridge communities...

Receive a Free monthly interactive email page, that will show all market activity within a 5 miles radius around your home! Sold! Active! Analysis... Courtesy of Danielle Gebara.

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## Meet Michael DOB: 08/1993

Michael is a loving and thoughtful young man. He is sensitive and funny. Michael has a good sense of humor and a good attitude. He enjoys video games, summer camps, go cart racing, fishing, baseball



and anything having to do with cars. He hopes to become a chef or work with cars someday. He currently participates in special education and tries really hard in school. He attends Catholic church and his religion is very important to him. Michael is a baseball player and hopes to continue this sport once he is adopted. Michael will capture your heart with his thoughtful ways, playful spirit, and his desire to be loved. He's adventurous and an absolute blast to be around.



#### Lone Star Texas License Plate - (Continued from Page 14)

on the shoulder. License plates also help to save lives and catch criminals, Spears said.

"One of the primary tools for police when they are looking for a suspect, whether it be someone who abducted a child or robbed a bank, is to ask citizens to be on the look out for a certain vehicle model with a specific license plate number," Spears said. "While there may be thousands of the same type of vehicles on our roadways there will be only one with that unique license plate number."

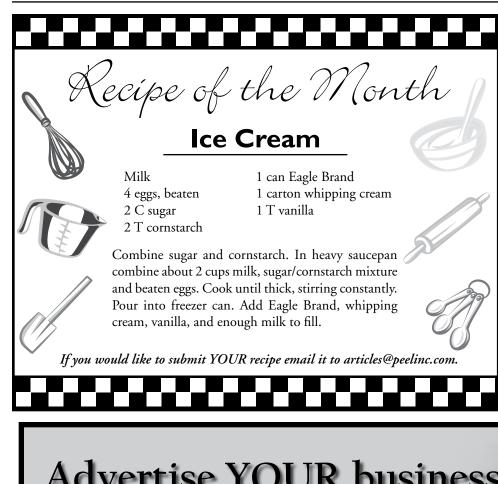
There are more than 21 million registered vehicles in Texas and the majority of them have general-issue license plates. License plates are a part of "Put Texas in your corner," the vehicle registration process that includes annual renewal of the registration sticker.

Since 1917, the Texas Department of Transportation has been responsible for the state's license plates. This new general-issue license plate may be the agency's last. In the Texas legislative session that ended on Monday, June 1, lawmakers passed a bill to create the Texas Department of Motor Vehicles, which would take over responsibility for the state's license plates. The bill is awaiting Gov. Rick Perry's signature.

For more information contact: Kim Sue Lia Perkes, Public Information Officer 512-302-2076, kperkes@dot.state.tx.us



Second Year in Service Neighborhood References Available



## Classifieds

LOOKING TO SHARE A NANNY?? LOE resident has great nanny on Tuesdays and Thursdays. Trying to find a nice family to fill mon-wedfri. She has been with us over four years! Very reliable. Can start mid-late August. If interested please call 713-256-0817 or email aly@iesco.com

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**Personal classifieds** (one time sell items, such as a used bike...) run at no charge to Lakes on Eldridge residents, limit 30 words, please e-mail articles@ PEELinc.com

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Board Certified Physicians in Fe and Pediatrics dedicated

## office hours

Mon-Tues 8am-8pm Wed,Thurs,Fri 8am-5pm **Saturday 8am-1pm** Sunday Noon-3pm

#### 290 LOCATION:

Mon-Fri 8am-5pm Saturday 9am-12pm

#### meet our team

Huong T Le, MD Quoc Le, MD Alex Nguyen, MD Blandina Sison, MD Marian Allan, MD Anthony Yee-Young, MD Diana Malone, MD Shital Patel, 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

## providing quality care for the entire family

Our physicians at 1960 Family Practice are using the latest and most advanced technology to diagnose and treat your medical conditions. We perform routine physicals, well woman exams including pap, pilot/flight physicals and well child exams.

Our doctors are board certified in Family Practice, Internal Medicine and Pediatrics. We have experience of 20+ years in the medical field. We look forward to providing our patents with excellent services at our new location as well as maintaining our current care in the 1960 area. For those patients living in the 290 area, we encourage you to schedule appointments at our second location.

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Call today to schedule your appointment. 281-586-3888

FI

# & Urgent Care Center

amily Practice, Internal Medicine I to your healthcare needs. 20320 Northwest Frwy Ste 500 Houston, Texas 77065 (turn right at the Firework Warehouse) Located at 290 and 1960

compassion caring dedication service Service dedication service compassion caring dedication ting compassion caring dedia 60 dedlication mpase **ILY PRACTICE** \*NEW LOCATION AT HWY 290\* 20320 Northwest Frwy. Ste. 500 - Houston, TX 77065 Located at 290 and 1960 1964 Family Practice 537 FM 1960 West Sta 105 Houston, Texas 27090 1960 Fumily Practice 1.0 1960)

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Walk-In Clinic & Same Day Appointments No appointment Necessary - Most Insurance Accepted Accepting New Patients

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l shots

\$15

## 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.

2		6	3			1	7	
					2	3		
	1				8		4	
4		3		7	6	5		
			8	5				
6	9			2				
								6
		1			4	7		
	7			8				
*Solution at www.PEELinc.com					© 2007. Feature Exchange			

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

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





## **Texas Events - July**

- **1, 8, 15, 22, 29—ORANGE:** Wild Wednesdays at Shangri La Offers a series of classes to educate the public about the natural world. Shangri La Botanical Gardens. www.shangrilagardens.org 409/670-9113
- **8, 18—CORPUS CHRISTI:** Monthly Cooking Demonstrations Learn and experience alternative preparation styles and techniques. Includes Carson's Deli (Bastille Day) on July 8 and Tony Trevino (Barbecue) on July 18. Galvan House in Heritage Park. www. ccparkandrec.com 361/826-3449
- **9-12—PORT ARANSAS**: Deep Sea Roundup Includes bay/surf division, offshore division and children's Piggy Perch contest. www. paboatmen.org 361/749-6339
- **10—HOUSTON**: Bats on the Bayou The 90-minute guided boat tour is guaranteed to be both mesmerizing and informative. Meet at Allen's Landing. www.buffalobayou.org 713/752-0314 ext. 4
- **10-12—BEAUMONT:** Peddler & Outdoor Expo Features the best in boats, RVs, motorcycles, and cars plus fashions, jewelry, accessories, metalwork, stonework, woodwork, decor, and more. Ford Arena. 409/951-5400
- 10, 17, 24, 31—ROSENBERG: Hot Summer Concerts Performers include Rob Darien and the Outside Dogs on July 10, Drywater Band on July 17, Level One Band on July 24, and Mark Smith and his dueling pianos on July 31. Begins at 7 p.m. Third Street Park. 832/595-3525
- 11—CORPUS CHRISTI: Passion for Plumeria Plumeria Society of South Texas President Frank Eicholz discusses tips and leads a tour of the new Plumeria Garden & Willoughby Viewing Platform. South Texas Botanical Gardens & Nature Center. www.stxbot.org 361/852-2100
- 11—PALACIOS: Market Day 361/972-2615
- 11—SANTA FE: Harvest Festival Begins at 9 a.m. Haak Winery, 6310 Ave. T. www.haakwine.com 409/925-1401
- 11-12—ROCKPORT: Texas Outdoor Family Workshop Families learn the basic outdoor skills they will need to enjoy overnight camping. Reservations required. Goose Island State Park. 512/389-8903 or 361/729-2858
- 11, 18, 25—CORPUS CHRISTI: Live Music Bay Cruise Captain Clark's Flagship. E-mail: CaptClarksFlagship@worldnet.att.net 361/884-8306

- **15-16—PORT ARANSAS:** Texas Outdoor Family Workshop Families learn the basic outdoor skills they need. Reservations required. Mustang Island State Park. 512/389-8903 or 361/749-5246
- 17—SANTA FE: Flamenco Night Begins at 6 p.m. Music provided by Lucia and Valdemir. Reservations required. Haak Winery. www. haakwine.com 409/925-1401
- 17—VICTORIA: Victoria Country Music Show Hours are 7 to 10 p.m. Jaycee Hall. 361/552-9345
- 17-18—ORANGE: Orange County Sheriff's Posse Rodeo Includes riding, roping, bronco busting and more. Hwy. 105 at Sheriff Posse Arena. 409/886-2638
- 17-19—PORT ARANSAS: Outboard Fishing Tournament Offers a tournament for vessels powered exclusively by outboard motors. Robert's Point Park. 361/749-6211
- **18—ORANGE:** Summer Family Day includes family tours of the museum, a scavenger hunt, art activities, storytelling and more. Stark Museum of Art. 409/886-ARTS
- **18—SAN BENITO:** Market Day & Farmer's Market Enjoy live music and arts & crafts at this open-air bazaar. Hours are 9 a.m. to 3 p.m. Plaza de San Benito. www.cityofsanbenito.com 956/361-3804 ext. 304
- **18-19—BEAUMONT:** Christmas in July Art & craft show features vendors from the area. Hours are 10 a.m. to 5 p.m. Saturday and 11 a.m. to 5 p.m. Sunday. Beaumont Civic Center. E-mail: sgmgiftmarket@yahoo.com 409/225-2739
- **18-19—PORT NECHES:** Trade Days on the Avenue Includes antiques, collectibles, decor, entertainment and more. Port Neches Avenue. 409/722-4023
- 19—SANTA FE: Bluegrass Festival Music provided by Cypress Creek. Haak Winery. www.haakwine.com 409/925-1401
- 23-25—CLUTE: Great Texas Mosquito Festival Features a carnival, cook-off, arts & crafts, contests, food vendors, Texas country music concerts, senior bingo, dodge ball tournament, horseshoe and washer tournaments, exhibits, local entertainment, Radio Disney entertainment and much more. Clute Municipal Park. www. mosquitofestival.com 800/371-2971 or 979/265-8392

(Continued on Page 24)



## **Beat Back Pain Without Surgery**

"A Whole new Approach to Back Pain that leaves the problems with traditional treatments behind."

Have you ever bent over and had to freeze, afraid to straighten back up? Do you have to worry about the pain that comes from picking up your children, cleaning the house, or even just taking those first 2 or 3 steps in the morning? Have you been through the "cycle" of traditional back pain treatments (medication, physical therapy and steroid injections) only to end up in the same pain as when you started? Have you received the news that surgery is your last remaining option? Are you frustrated, feeling like there must be something else, something that carries less risk than surgery? If this story sounds familiar, then we have good news for you!

#### Latest FDA Approved Solution is Drug-Free and Non-Surgical

If you have serious back pain, we have a serious new alternative treatment option that carries a higher success rate than traditional treatments alone. This treatment is called Intervertebral Disc Decompression (IDD therapy). Good candidates for this procedure are people who may suffer from:

- Lower Back Pain
- Herniated Discs

Sciatic Leg Pain

- Neck Pain
  Bulging Discs
- Degenerative disc disease
  Failed Back Surgery

Facet Syndrome

**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!



Compressed discs put pressure on nerves, causing pain



IDD therapy lifts pressure from nerves, relieving pain naturally

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- Nutrition
- Massage Therapy

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Texas Events - (Continued from Page 22)

- **23-25—HOUSTON**: Houston Undercover A Quilt Show Judged quilt show includes more than 200 quilts, various vendors, donation quilt, quilt appraisal and more. Auction and preview night is Thursday. Memorial Drive Presbyterian Church. www. qggh.org 979/289-5175
- 24-25—PORT ARANSAS: Blue Wave Owners Tournament For owners of boats manufactured by Blue Wave. Robert's Point Park. www.bluewaveboats.com 800/432-6768
- **24-Aug. 2—HOUSTON:** Kiss Me, Kate A farce ensues when two actors once married headline a local theater group preparing to open a musical version of The Taming of the Shrew. Masquerade Theatre. www.masqueradetheatre.com 713/861-7045
- **25—BEAUMONT:** Summer Family Arts Day Combines exploration of the exhibits, hands-on activities and storytelling. Art Museum of Southeast Texas. www.amset.org 409/832-3432
- **25—PORT ARTHUR:** Jam Includes blues and R&B. Hours are 7 p.m. to midnight. Port Arthur Civic Center. E-mail: triangleconcert@webtv.net 409/548-4444
- **25-26—SOUTH PADRE ISLAND:** 50th Annual Beachcombers Fine Arts Show Paintings, sculpture, ceramics, photography and other media will be represented as more than 100 artists from Texas

and Mexico display their works. South Padre Island Convention Centre. www.harlingenartforum.com 956/761-3000

- **29-Aug. 2—SOUTH PADRE ISLAND:** 70th Texas International Fishing Tournament Offers fun for all anglers of all ages. www. tift.org 956/943-8438
- 31-Aug. 1-ORANGE: OCARC Fishing Tournament 409/886-1363
- **31-Aug. 2, 7-9—BAYTOWN:** Disney's Beauty & the Beast Lee College Performing Arts Center, 200 Lee Drive. www.baytown. littletheater.org 281/424-7617
- **31-Aug. 8—HOUSTON:** Twelfth Night One of Shakespeare's greatest comedies ponders love lost and found. Miller Outdoor Theatre. www.milleroutdoortheatre.com 281/373-3386

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.



# - Kids Stuff-

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

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