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NORTH

Volume 8, Issue 7

July 2009

## Cypress Assistance Ministries

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[www.cypressassistance.org](http://www.cypressassistance.org)

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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](http://www.cypressassistance.org).*



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Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10<sup>th</sup> of each month. Submissions are subject to space limitations and editorial approval. Submit at [www.PEELinc.com](http://www.PEELinc.com)

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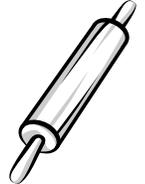
## Recipe of the Month

### Ice Cream



Milk  
4 eggs, beaten  
2 C sugar  
2 T cornstarch

1 can Eagle Brand  
1 carton whipping cream  
1 T vanilla



Combine sugar and cornstarch. In heavy saucepan combine about 2 cups milk, sugar/cornstarch mixture and beaten eggs. Cook until thick, stirring constantly. Pour into freezer can. Add Eagle Brand, whipping cream, vanilla, and enough milk to fill.

*If you would like to submit YOUR recipe email it to [articles@peelinc.com](mailto:articles@peelinc.com).*

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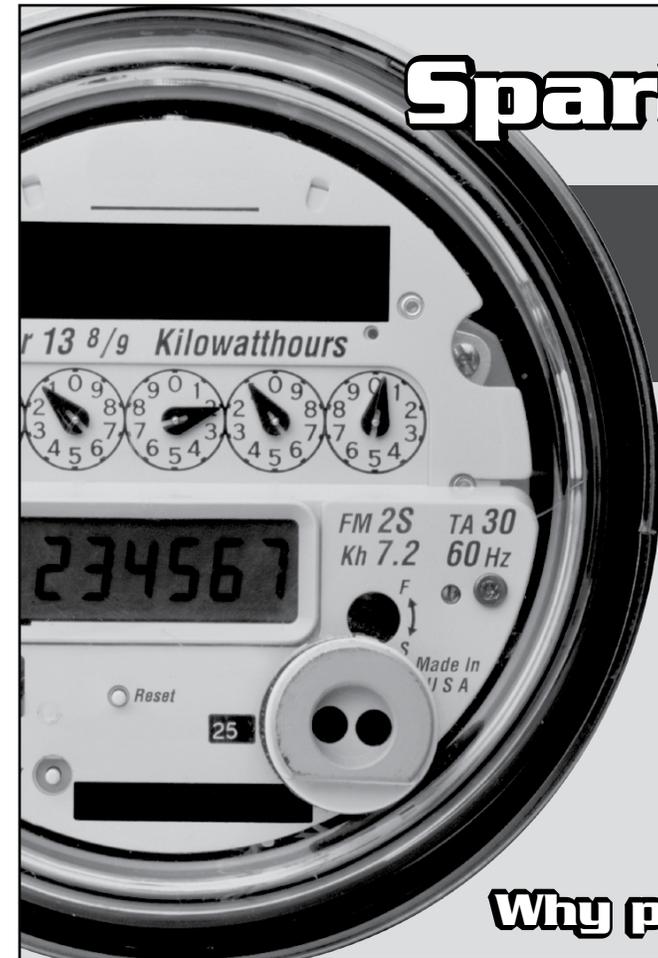
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## Lakes on Eldridge North

# 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 general-issue 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 general-issue 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 six-character plate patterns. The new general-issue 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.

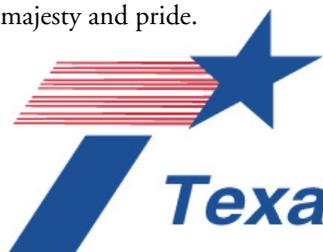
The digital process creates a more environmentally-friendly plate, eliminating the need for 484 gallons of paint thinners and 396 gallons of ink annually, and the energy needed to power huge ovens that dried the plate ink. The factory at the state prison in Huntsville, where the license plates are manufactured, 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 10)*



**Texas Department of Transportation**



# Tim Ziifle

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# Lakes on Eldridge North

## 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](http://www.kdhnwaa.com) for all the details.

### Lone Star Texas License Plate - (Continued from Page 8)

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:

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## Kirk Elementary

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

The music memory team at Kirk Elementary, under the direction of spotlight teacher Mrs. Charlise 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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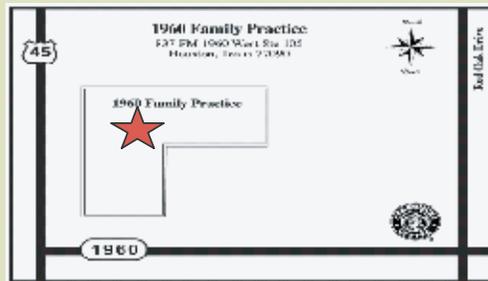
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# Lakes on Eldridge North

## A Sensible Plan for College Funding, Part I

Submitted by Rich Keith

As a parent, you may feel a moral obligation to fund your children's education, but you don't want to sacrifice your current lifestyle or rob your future retirement in order to fund education costs. Well, to make funding both their education and your retirement a non-issue, you must consider how to:

- Maximize your cash flow so that you can invest funds in education and retirement accounts. This includes both reducing debt and lowering expenses.
- Utilize the numerous education tax incentives provided by the IRS to reduce taxes and produce so-called "tax scholarships" for your family.
- Qualify for merit and need-based financial aid offered by colleges

If you can maximize the benefits produced by the above strategies, you may not have to compromise your education and retirement goals. Remember that college really costs you more than you think because it is paid with after-tax dollars. And depending on which tax bracket you are in, the amount you must earn to pay for college is a good deal more because you must first pay the IRS...before you pay the college. And college costs are increasing at 2 to 3 times the Consumer Price Index inflation rate.

We will explore this topic in future columns, how to make a sensible, methodical plan for funding college expenses. First, though, there are some brand-new tax laws which you should be aware of which offer more "tax scholarships." Remember to consult your tax professional to make sure you qualify. So if you have a Section 529 college savings plan or are paying college bills this year, here are a few recent developments you may find helpful.

### Investment Changes:

A Section 529 plan normally may allow an account holder to change the investment strategy selected for an account only one time per year and when a new beneficiary is designated. However, given the extreme volatility in the economy and the stock market, the IRS has loosened this rule somewhat. For calendar year 2009 only, a plan may permit two changes in investment strategy, as well as a change if a new beneficiary is designated. The goal is to give people a little more flexibility with their plan investments.

### Computer Costs:

Section 529 plan distributions are tax free if used for qualified higher education expenses. In addition to tuition and fees, these

(Continued on Page 15)

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## A Sensible Plan- (Continued from Pg. 14)

expenses generally include room and board for students who attend at least half-time, books, supplies, and equipment required for enrollment or attendance, as well as expenses for special needs students. For 2009 and 2010, tax-free withdrawals are also allowed to pay for computer technology, equipment, and related services, including Internet access. (Some restrictions apply.)

### American Opportunity Tax Credit:

Also for 2009 and 2010, the Hope Scholarship Credit has been renamed the American Opportunity Tax Credit and made more generous — up to \$2,500 per student per year. The income phase-out ranges also have been raised. The new credit phases out for taxpayers with modified adjusted gross income (AGI) between \$80,000 and \$90,000 (\$160,000 and \$180,000 on a joint return).

## 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

alert@CypressLostPetAlert.com

www.CypressLostPetAlert.com



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# Lakes on Eldridge North

## 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](http://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](http://CyFair.LoneStar.edu/boxoffice) or [www.houstonscenterstage.com](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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



## 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](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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](http://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](http://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](mailto: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](http://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](http://www.mosquitofestival.com) 800/371-2971 or 979/265-8392

*(Continued on Page 20)*



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# Lakes on Eldridge North

Texas Events - (Continued from Page 18)

- 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.*

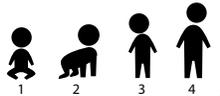


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### FACTS YOU NEED TO KNOW ABOUT DROWNING

Drowning is the leading cause of unintentional injury-related death in children ages 1-4



### DROWNING WILL AFFECT YOU OR SOMEONE YOU KNOW



Drowning is the 2nd leading cause of unintentional injury-related death ages 1-14.

For more information, check out our website at

[www.colinshope.org](http://www.colinshope.org)

### DROWNING CAN STILL OCCUR EVEN IF YOU KNOW HOW TO SWIM

NO ONE is "drown proof" - no matter their level of swimming ability.

Falls, entrapments, and injuries lead to drowning regardless of swimming level.

A majority of people overestimate their own and their child's ability to swim, especially in a panic event.

### DROWNING IS QUICK AND SILENT



Drowning occurs in as little as 2 minutes.



Irreversible brain damage occurs in as little as 4 minutes.



Most children are out of sight or missing for less than 5 minutes and usually in the presence of 1 or both parents.



Most children die who are submerged for as little as 6-10 minutes.

Children who drown do not **scream, splash, or struggle**. They silently slip beneath the water, even with adults & lifeguards present.



★ FOR THE TROOPS ★

As 2009 is now underway, Cypress Cares would like to announce the dates that we will be boxing up our care packages for the year. All boxing events will be held at the Cole's Crossing Community Center, located at 13050 Barker Cypress Road at Jarvis Road.

Several of our packing days this year are specifically at times when Cy Fair ISD is not in session so that our students will have an opportunity to be involved as well. The dates are as follows:

July 8, 12:00  
August 17, 2:00  
October 3, 10:00

**Halloween Treats for Troops**

November 14, 10:00

**Christmas Trees and Decorations**

December 28, 1:00

**Christmas Break Service Project for**

Cy Fair Students

Cypress Cares has received more thank you notes from the troops who have received packages. Visit our website, [www.cypress-cares.org](http://www.cypress-cares.org) to view the troop responses, as well as more current information about upcoming events, donation ideas and more.

*Our troops need and deserve our support; get involved today!*



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# Lakes on Eldridge North

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

**EVENT:** Cy-Fair Express Network  
**WHEN:** Thursday, July 23, 2009  
**TIME:** 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](mailto:anya@lucascarecare.com) Or go to [www.cyfen.org](http://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 participating. The children are quilters of the future. Contact information: [www.qggh.org](http://www.qggh.org) or 979-289-5175

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## Meet Michael

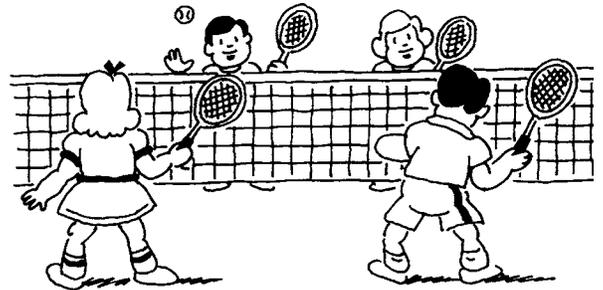
DOB: 08/1993

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.



## Four Stages Of Improving Your Game

Submitted by: Fernando M. Velasco



In past issues, we have covered how to get proper equipment and how to practice. In this issue, we will give you some advice on how to progress on your game following the CCDP stages:

### STAGE ONE: CONSISTENCY

Our muscles react to repetition of something that feels good and natural. If a player needs work on a particular stroke, hundreds of balls need to be given so the production of their stroke looks the same regardless of where the ball is located. Consistency of grips, foot work, anticipation, point of contact and follow-through, need to be almost "carbon" copy of each other.

### STAGE TWO: CONTROL

Do you know that there are only eight shots that can be executed when you hit a groundstroke? They are: cross court, down the line, flat, top spin, slice, drop shot, lob and "miss-hits" Once a player reaches the consistency of getting the ball over the net and into the court, the player needs to start working on controlling the "where" and "how" type of shot. As players advance on control, they will combine these shots, such as "top spin cross court, slice down the line, top spin lobs, etc.

### STAGE THREE: DEPTH

Most players want to hit the ball an inch above the net height. If players look at most of the great players, they will realize that most of the shots they hit are at least three feet over the net and land between the service line and base line of their opponents. The balls that are "skimmed" over the net, are usually passing shots when the players come up to the net, or great winners that only a Roger Federer or an Andy Roddick can do with great control and consistency.

### STAGE FOUR: POWER

Once a player feels comfortable with the first three stages, then it is time to create Power. Unfortunately, most tennis players become injured by going to the Fourth Stage too quick into the game and become frustrated, thus ruining their weekend games and being sore for an entire week due to torn muscles. Power is generated mostly by good timing, good foot work, reading early where the ball will land, and by planning the shot even before the player gets to the ball.

Most players in League level 2.5 to 4.0 will end up winning their matches by mastering the first three stages, while the ones going to stage Four too quick, will be spending their time with ice packs and taking Ibuprofen pills until the next match and start the "vicious" circle again....

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# Lakes on Eldridge North

## Healthier Homes - Easy Ways to Improve Household Air Quality

By: Michelle & Charlie Bubnis

Home cleaning products contain an array of harmful chemicals that are not required by law to be listed on the products' label. These chemicals have a toxic effect on indoor air quality. The best way to avoid this unknown risk to your family is to create your own cleaning products which is much easier than one may think. **Here are some suggestions:**

- Almond Oil: Furniture polish
- Baking Soda: Cleans, deodorizes, removes stains and softens fabrics
- BonAmi: Functions as an abrasive cleanser
- Borax: Natural mineral that can be used to bleach, deodorize, remove stains, and boost soap. It also kills bacteria and mold. It can also be used in your dishwasher as 1 part borax and 1 part washing soda. Add ¼ cup to dishwasher load
- Castile Soaps: All purpose cleaner
- Citrus peels: Deodorize garbage disposal
- Cornstarch: Absorb oil and grease, starches clothes
- Club Soda: Pre-wash and stain remover
- Hydrogen Peroxide: Germicidal. Hydrogen Peroxide and cream of tartar paste make a good cleaner for sinks and bathtubs
- Lemon Juice: Bleach alternative, grease cutter, stain and

perspiration remover for clothing. Lemon juice and salad oil as a furniture polish. Lemon juice on a cloth cleans aluminum

- Table Salt: Abrasive cleaner
- Vinegar : Water softener, cuts grease, removes stains; strips lime deposits from showers, removes white haze on glassware
- Washing Soda : Cleans clothes, boosts soap's cleaning power, softens water, cuts grease and disinfects

Consider always avoiding fragranced cleaning or fragranced laundry products as 95% of chemicals used in fragrances are synthetic and derived from petroleum. These chemicals are combined in untested combinations. They are capable of causing cancer, birth defects, central nervous system disorders and allergic reactions.

So pick up a few of the suggested items listed above at the grocery store and the air quality in the home will improve along with the health of your family.

### FOR MORE INFORMATION:

1. Less Toxic Alternatives by Carolyn Gorman, 2004
2. The Most Common Chemicals Found in Thirty-One Fragrance Products by a 1991 EPA Study by Julia Kendall [www.immuneweb.org/articles/perfume.html](http://www.immuneweb.org/articles/perfume.html)

When was the last time someone got down on hands and knees and cleaned *your* bathroom floors?



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#### Kitchen

- Clean sink
- Clean appliance exteriors
- Clean inside microwave
- Clean range top
- Damp wipe cabinet doors
- Clean counters
- Hand wash floor
- 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

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# Real Estate Market Report

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	ACTIVE	PENDING	SOLD Last 6 Mos
# of Listings	33	1	28
Price Range:	315,000 1099,000	369,900	\$288,000 \$975,000
Average Price	\$497,253	\$369,900	\$440,821
Avg Price/sq.ft.	\$120.75	\$108.16	\$118.66
Avg DOM	60	5	63
High Price/sq.ft.			\$185.00
Low Price/sq.ft.			\$80.50



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\*Realtor Teams per Remax 9/2008, 3/2009

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## 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](http://www.PEELinc.com)

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# Lakes on Eldridge North



## Summer Fun and Safety Go Hand In Hand

HOUSTON - (June 12, 2009) - Fun is the word on everyone's mind as summer heats up, but doctors at Baylor College of Medicine say "prevention" should not be far behind.

"There are common health issues that many people face during the summer, like sunburn, heat exhaustion and injuries from outdoor activities," said Dr. John Rogers, professor and interim chair of the department of family and community medicine at BCM. "But there are things you can do to prevent them rather than just waiting to treat the issue after the fact."

### SUNBURN

Always wear sunblock and make sure to apply it as evenly as possible over all exposed skin. Sunblock SPF 15 and above is sufficient coverage, but you should always reapply throughout the day regardless of your activities, especially if the skin becomes wet, Rogers said.

"Once a tan starts to show, you are damaging your skin with long-term results," said Rogers.

Wearing a hat with a wide rim and long sleeve shirts in a light-weight material can also protect the skin.

### HEAT EXHAUSTION

"Don't wait until you are thirsty to drink water. That means you are already becoming dehydrated," Rogers said. "If you know you will be out in the heat, start drinking fluids before hand, and continue through out the day. Sports drinks with some sodium or salt is important."

Keep the elderly in mind during the summer, Rogers advised. Other health issues could be heightened by the heat. Even if they are indoors, they could still become victims of heat exhaustion. Maintaining kidney output that is "clear and copious" is the goal to prevent serious problems, he said.

### POOL SAFETY

Never swim alone. Even the most experienced swimmer could suffer an injury and need help getting out of the pool.

When it comes to small children, Rogers said once they go under water it is easy to not see them at the bottom of the pool. Assigning

swimming buddies could be one way to make sure all children are accounted for. Children 2 or under should wear floatation devices even around a swimming pool.

### BIKE SAFETY

Helmets are a must if bike riding is in the plans this summer. Elbow and knee pads are also suggested for skateboarding or roller skating.

Not all outdoor injuries can be prevented - like scraped knees. But usually a minor injury like that doesn't require a trip to the emergency room.

"If there is an actual gap in the skin, impaired movement or excessive pain or more bleeding than you think there should be, it might be time to call the physician," Rogers said. "You shouldn't second guess yourself if you decide to go for medical care and it turns out to be minor. The peace of mind of knowing your child is safe should be your first concern."

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## Cypress-Fairbanks ISD VIPS

### Appreciation Luncheon

The Cypress-Fairbanks Independent School District honored its school volunteers and business partners at an appreciation luncheon on May 21 at the Richard E. Berry Educational Support Center. The theme for the event was "VIPS & Cy-Fair I.S.D. – A Winning Combination" and the honorees were thanked by Associate Superintendent for Facilities, Planning & Community Relations, Pam Wells for providing the winning combination of tireless efforts and assistance in ensuring student success on campuses throughout the district during the past year. As Ms. Wells stated, the district couldn't possibly afford to pay anyone to perform all the work that volunteers do every day to support school children in our community.

Entertainment for the event was provided by students attending various schools in the district and by district and school staff. Pam Scott, CFISD Director of Partners in Education served as Mistress of Ceremonies.

#### **THE DISTRICT WOULD LIKE TO THANK THE FOLLOWING PARTIES FOR SERVING AS SPONSORS OF THE EVENT:**

**Event Underwriter:** PBK Architects

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### Volunteer Awards



Cypress-Fairbanks Independent School District honored its district and state volunteer and business partner award winners during a Volunteer Appreciation Month ceremony on April 30. The award winners were nominated by various schools in the district at which the volunteers and business partners donate their time and were anonymously judged by a panel of business partners and community members. These extraordinary men and women were first selected as our district award winners and then competed against others in their categories from large districts at the state level. The state award winners were recognized by the Texas Association of Partners in Education during their annual conference held in Austin at the State Awards Dinner on January 27.

#### **THE AWARD WINNERS WERE AS FOLLOWS:**

Business Partnership for STEM: Pate Engineers, Inc.; Business Partnership Award for Career Education: CH2MHill Engineering – State Crystal Award Winner; Business Partnership Award of Academic Impact: Mustang Engineering, Founder's Legacy Program; Community Partnership Award for Academic Impact: Champions Sunrise Rotary Club/Pedaling to Success; Individual Partnership Award as a Role Model: Ms. Clariza Rath – State Crystal Award Winner; Individual Partnership Award for Wisdom: Mr. Don Bollwinkle – State Crystal Award Winner; Partnership Program Award for Innovation: Ms. Lisa Mayer, Cypress Creek Cougar Link (E-News).

The district congratulates these distinguished individuals and businesses for their awards and accomplishments and thanks them for their devoted service to the students who attend our schools. And to every volunteer in our district, we celebrate each of you for the service you provide our students and staff all throughout the year.

Pictures above from left: Pam Scott, CFISD Director of Partners in Education; Representative from Champions Sunrise Rotary Club; Clariza Rath; Lisa Mayer; Don Bollwinkle; Pam Wells, CFISD Associate Superintendent for Facilities, Planning & Community Relations.



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|---|--|
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| 2. Inspect filtration   | 12. Test/inspect contactors for burned, pitted contacts                      |
| 3. Monitor volts/amps on fan motor                            | 13. Inspect electrical for exposed wiring                                    |
| 4. Lubricate/inspect motor bearings for wear                  | 14. Test and inspect capacitors  |
| 5. Inspect indoor coil if accessible                          | 15. Inspect condenser fan blade  |
| 6. Flush/treat condensate drain with anti-algae tablets       | 16. Water wash condenser coil and remove debris                              |
| 7. Inspect condenser coil for efficiency                      | 17. Inspect service valves for proper operation and for leaks                |
| 8. Monitor operating pressure of refrigerant                  | 18. Measure temperature difference between supply/return                     |
| 9. Inspect safety devices for proper operation                | 19. Inspect blower wheel for balance and dust                                |
| 10. Inspect disconnect box for proper rating and installation | 20. Monitor compressor for proper amperage, volt draw and wiring connections |



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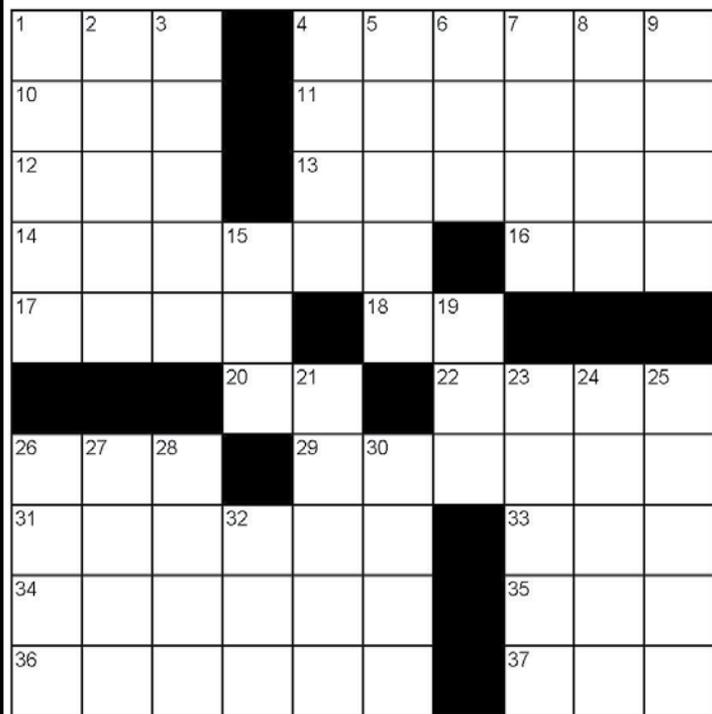


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# Lakes on Eldridge North

## Crossword Puzzle



### ACROSS

1. However
4. Brand of soda
10. Environmental protection agency (abbr)
11. Large zoo animals
12. Revolutions per minute
13. Timely (2 wds.)
14. Careen
16. BB association
17. Totals
18. We
20. Disc jockey (abbr.)
22. \_\_\_ the hatchet, forgive
26. Move up and down
29. Famous female pilot Earhart
31. For each one
33. Teaspoon (abbr.)
34. What a pastor gives
35. Representative
36. Scours
37. Whichever

### DOWN

1. Baseball player Yogi
2. Elevated
3. Broken in
4. Loafer
5. Eastern religion
6. Liable
7. Gyrate
8. Burial chamber
9. At sea
15. Drug
19. Compass point
21. Israel's former name
23. Radical
24. Got out of bed
25. Talky
26. Singing voice
27. Organization of Petroleum Exporting Countries
28. Energy
30. Not women's
32. Flightless bird

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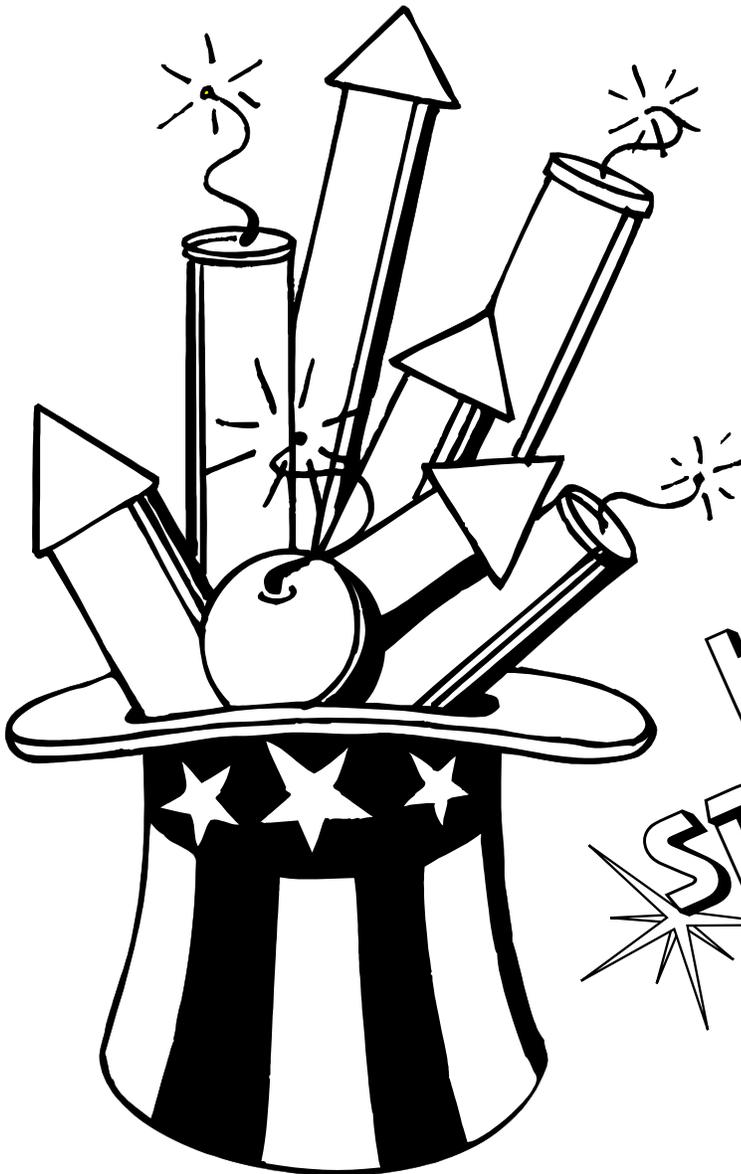
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(first name, last initial)

Email Address: \_\_\_\_\_

Age: \_\_\_\_\_ [This information will only be  
used to notify you or your parents if your artwork  
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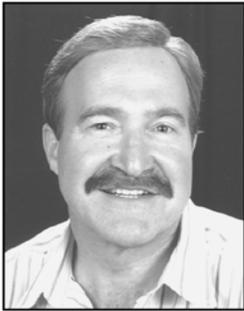
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