



# LAKES

ON ELDRIDGE  
NORTH

Volume 8, Issue 8

August 2009

Not Available Online



## BACK TO SCHOOL

First Day of  
School is  
August 24<sup>th</sup>

Go Green  
Go Paperless

Sign up to receive  
*The Lakes on Eldridge North*  
newsletter in your inbox.  
Visit [PEELinc.com](http://PEELinc.com) for details.

# 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 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)

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10<sup>th</sup> of each month for publication in the following month's newsletter. Submit classified ads at [www.PEELinc.com](http://www.PEELinc.com).

ADS: Deadline for submitting ads is the 10<sup>th</sup> of each month for publication in the following month's newsletter.

Please contact Peel, Inc. Sales Office at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com) for information on advertising.

The Lakes on Eldridge North is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Lakes on Eldridge North 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 Lakes on Eldridge North Newsletter is exclusively for the private use of Peel, Inc.

## LOEN Board Of Directors

Don Byrnes .....President  
Jill Richardson..... Vice President  
John Kane ..... Treasurer  
Peter Smart..... Secretary  
Jim Flanary ..... Director

## Article Submissions


Please e-mail articles and/or photos to [articles@PEELinc.com](mailto:articles@PEELinc.com).

Submissions must be received by the

15<sup>th</sup> of the month for the following month's issue.

(Advertising deadline is the 10<sup>th</sup> of the month.)

For up-to-date announcements  
and information check our  
neighborhood website:  
**[WWW.LOENHOA.COM](http://WWW.LOENHOA.COM)**

  
**COLLEGE-BOUND  
COLLABORATIVE**

**FENCE PRESSURE WASHING  
AND STAINING SERVICE**

**(713)-937-3535**

*Call For Free Estimate*

**KYRIE & KIERAN CASSIN**  
**LOEN RESIDENTS**  
*Junior/Senior High School Students*  
**"COLLABORATIVE" PAINTING TEAM**  
**Second Year in Service**  
**Neighborhood References Available**

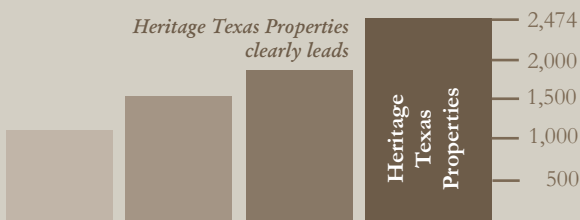
# FIRST IN SERVICE MAKES US NUMBER ONE IN SALES

## HERITAGE TEXAS PROPERTIES Is #1 IN SALES YEAR AFTER YEAR!

Year after year, Heritage Texas Properties sells more homes than any other independently owned residential real estate company in Houston.\* Once again, Heritage Texas Properties was featured on the Houston Business Journal's list ranking companies based on the number of transaction sides of closed sales - over 490 more than our nearest competitor.

Only personalized service can create success like this. So when you're ready to buy or sell a home, call me and let me show you what we have to offer!

\*HOUSTON BUSINESS JOURNAL WEEK OF JUNE 19 - 25, 2009



Independently Owned Houston Companies  
Residential Real Estate Companies\*

NUMBER OF TRANSACTION SIDES OF  
CLOSED SALES IN 2008

ANN KNOCHE,  
ASP, CRB

281.582.3911  
annpk@heritagetexas.com

LISTENING, VISUALIZING,  
INSPIRING AND EDUCATING  
BUYERS AND SELLERS SINCE 1992.



HERITAGE  
TEXAS PROPERTIES  
heritagetexas.com

LUXURY  
PORTFOLIO  
FINE PROPERTY COLLECTION

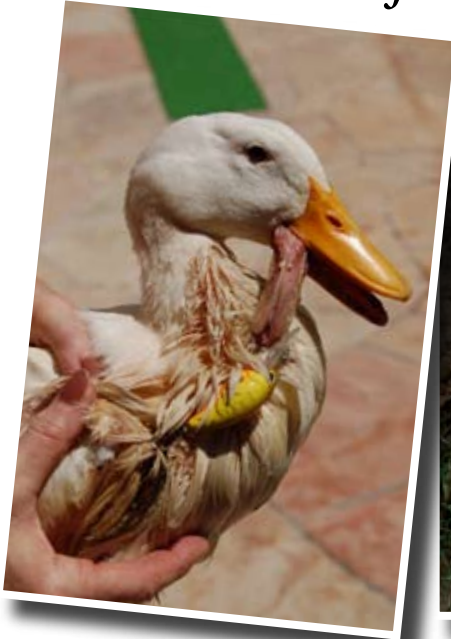


14340 Memorial Drive ■ Houston, Texas 77079



# Lakes on Eldridge North

## **NOT A PRETTY PICTURE** *Wildlife Suffering from Prohibited Fishing*



Even though fishing is not allowed in Lakes on Eldridge due to regulations of the MUD, we have seen a rise in the number of people fishing in our lakes. Some of these people are residents; others have been inappropriately gaining access for the purpose of fishing and are thereby trespassing. Stricter procedures at the front gate will be enforced, in part to combat this issue. In any event, these fishers have been leaving behind lures, filament, and lead weights that have been dangerous to the waterfowl, in some instances causing death, as can be seen from these pictures. Past problems have included: a male swan protecting its babies getting hooked through the tongue; a swan being hooked in the neck from a homemade "trot line"; just last month, a lure hooked through the mother swan's back, dragging her baby who had become entangled in the filament frantically back and forth; and finally, one of our docile Peking ducks choked

to death by filament. Furthermore, it has been reported that some fishers inhumanely throw fish they do not wish to keep in the street or on the lake bank to die.

The waterfowl are a valuable asset to our community, and we are sure all residents would like to see them remain here, so let's respect our wildlife and do our part in protecting them. Please obey all signs and do not fish on the lakes. In addition, please obtain a license plate number of anyone you see fishing in our lakes and forward to Alex Taylor with AMI at [ataylor@amitx.com](mailto:ataylor@amitx.com). A letter will be sent to residents and the license plate of all non-residents caught fishing here will be provided to the guardhouse so that entry can be refused to these vehicles. Thank you to everyone who has been supportive in making sure that our waterfowl are not endangered by careless people.

### **Peel, Inc.** **Printing & Publishing**

Publishing community newsletters since 1991

1-888-687-6444 • [www.PEELinc.com](http://www.PEELinc.com)

**Kari Harrison**  
Sales Representative  
713-855-1731  
[kari@peelinc.com](mailto:kari@peelinc.com)



### **Support Your Neighborhood Newsletter.**

*Advertise your business  
to your neighbors.*





*Experience living in the past with  
comforts of the present!*

One of a kind historical replica of Queen Ann Victorian home located in Old Katy Proper on 2± acres. Built to scale, you will find period elements throughout the interior as well as exterior. Listed in mid \$900s

*For more information contact*

**KAY HORSCH**  
*Top Producer and  
Lakes on Eldridge Resident*



LEADING  
REAL ESTATE  
COMPANIES  
of THE WORLD



LUXURY  
PORTFOLIO  
KIND REMODEL & RENOVATION

**HERITAGE**  
TEXAS★PROPERTIES

*Royal Oaks*

11689 Westheimer, Suite C  
Houston, Texas 77077  
281.679.0101

713.703.8313

kay@kayhorsch.com  
heritagetexas.com

# Lakes on Eldridge North

Not Available Online

*We Create Beautiful Smiles!*



**S.M. Shirazi, D.D.S.**

*16+ Years Experience*

**Cosmetic & Family Dentistry**  
*For Adults & Children*

**Now Offering IMPLANTS**

Surgery and Final Crown in one location

**Now Offering CEREC**

Tooth-colored porcelain crowns/onlays in one visit

**5630 North Eldridge**  
**713-466-3700**

*love*



*learn*



*lead*



## *Preschool ~ Sixth Grade*

We provide our students with a strong academic program, partnered with a curriculum that encourages critical thinking and the development of problem solving skills.

*“At The Branch School,  
teachers truly teach to  
a child’s strengths.”*

— a parent

*Call and  
schedule  
a tour.*



713-465-0288

1424 Sherwood Forest, Houston, Texas 77043

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

- High Academic Standards
- Low Student/Teacher Ratio
- SACS Accredited
- Innovative Writing Program
- Kumon Math Honor Roll
- Critical Thinking/Problem Solving



## 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](mailto:alert@CypressLostPetAlert.com)

[www.CypressLostPetAlert.com](http://www.CypressLostPetAlert.com)

### Recycle your Crocs

Learning Express is proud to announce our participation in the SolesUnited program. Started by Crocs, SolesUnited is the first of its kind footwear recycling program. Here's how it works:

1. Wear your Crocs shoes until the tread becomes worn or they reach their end-of-life.
2. Donate your worn-out Crocs at a participating retail location.
3. Once worn-out Crocs are received, they are sorted, ground up and made into new SolesUnited recycled shoes.
4. SolesUnited shipping partners work with organizations that assure the shoes will be delivered to those who need them.

To date, Crocs has donated more than 1 million pairs of shoes. Its goal is to donate 2 million pairs of recycled shoes in 2008. You can read more about the program at [www.solesunited.com](http://www.solesunited.com). Croc on!



## YAHOO! Real Estate and PRUDENTIAL GARY GREENE, REALTORS

### Teaming Up To Sell Your Home!

## TANYA COLLINS

REALTOR®

*Sales & Marketing Specialist*

Prudential Real Estate Affiliates has teamed up with Yahoo! Inc. to give visitors comprehensive and detailed information on your home when you list with **TANYA COLLINS** and Prudential Gary Greene, Realtors®.

When visitors to Yahoo! Real Estate identify our market area as the one they're interested in, they can be directly connected to a customized website operated by us! This association makes your home available to more potential buyers than ever before! *Call or email me today for more details!*

**Direct: 713-703-1156 • Home Office: 713-466-3259**

Office: 281-890-4024 • [collinst@garygreene.com](mailto:collinst@garygreene.com)

[www.GaryGreene.com](http://www.GaryGreene.com)

### The Right Move

©2005. An Independently owned and operated member of The Prudential Real Estate Affiliates, Inc. Prudential is a registered trademark of The Prudential Insurance Company of America. Used under license. Equal Housing Opportunity. If your property is currently listed by another broker, please disregard this offer. It is not our intention to solicit the offerings of other real estate brokers.

## Extraordinary SERVICE. Extraordinary RESULTS.



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

## ***Pain Free in 4-6 weeks***

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

## How Does IDD Therapy Work?

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

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

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



*Dr. Scott Payne and  
Dr. Gina Zummo*

## Featured Services:

- Chiropractic
- Spinal Decompression
- Nutrition
- Acupuncture
- Physical Rehabilitation
- Massage Therapy

**Parkway  
family  
Chiropractic**

**281-293-9180**

1560 Eldridge Pkwy. Ste 132  
Houston, TX 77077

[www.parkwayfamilychiro.com](http://www.parkwayfamilychiro.com)





## A Sensible Plan for College Funding

*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. Historically, we see that college costs have risen at 2 to 3 times the inflation rate of the Consumer Price Index. And college really costs you more than you think because it is paid with after-tax dollars. 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.

How old will you be when your last child graduates from college? Assume that you are 45 years old and you plan to retire in 20 years and that a public college costs \$60,000 for 4 years. You take the money out of your retirement savings today. The money you give to a public college for four years will cost your retirement fund about \$280,000 at an 8% return. Elite colleges cost more, but there is a hidden benefit which we will get to later. And remember, these numbers are for just one child's college education.

Clearly this presents a funding dilemma shared by parents everywhere: how to fund college and retirement? Experts agree there are two methods to make this work:

The first method is by using your money through: (A) paying out of your current income, (B) paying with withdrawals from your savings accounts, or (C) borrowing. Most people use some combination of all three. The second method is to use money from others. This comes in the following forms: (A) financial aid, (B) by using special education tax strategies, (C) gifts from relatives, or (D) your child's resources (his/her income and assets). We will explore this topic in future columns, how to make a sensible, methodical plan for funding college expenses.



### *"Adventures in Mothering" at The MET*



***Join the Adventure! Get  
Connected...with MOPS!***

### **MOPS at The MET Registration**

If you need a listening ear, friendship with other moms, your kids involved in a fun program, delicious breakfast buffets, advice from seasoned moms ... then you need MOPS at The MET.

Two dynamic groups meet two Friday mornings per month (September – May) from 9:15 – 11:45a.m. Childcare is provided upon registration; \$55 per semester.

Register online today to secure your spot at [metmops.org](http://metmops.org) or [TheMETonline.org](http://TheMETonline.org)

**the  
Pool Nanny**  
Weekly & Vacation  
Swimming Pool  
Maintenance  
**281-858-4868**

**Custom  
Outdoors**

\*Extensive Online Photo Album\* [www.customoutdoors.com](http://www.customoutdoors.com)

*Let Us Bring Your Outdoors To Life!*

Decks  
Shade Arbors  
Texas Porches  
Patios  
Outdoor Kitchens  
Flagstone  
Waterfalls  
Swimming Pools  
281-858-9696

# Lakes on Eldridge North

## Lone Star College- CyFair "Perspective"

### IT'S NOT TOO LATE TO REGISTER FOR FALL

Registration continues through Aug. 22 for fall semester. Register for online, weekend, evening or distance learning courses by phone, 281-290-3200 or 832-782-5000; online to [LoneStar.edu/cyfair](http://LoneStar.edu/cyfair); or in person at one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway. Week day classes begin Aug. 24 with weekend classes beginning Aug. 28-30.

### BECOME A CERTIFIED LICENSED MASSAGE THERAPIST OR PERSONAL TRAINER

Interested in helping people lead healthy and stress-free lifestyles? Let Lone Star College-CyFair jump start your career in massage therapy and personal training. In the Massage Therapy program, which only costs \$1827 plus books and supplies, students learn business practices and professional standards as well as health and hygiene in massage and more. Scholarships are also available. The Personal Trainer program covers aspects of one-on-one training including marketing, program development and design, legal aspects, documentation, training methodologies and business considerations. Students who also take Exercise Science and CPR courses will be ready to take the National Academy for Sports Medicine certification exam.

Financial aid is available for this workforce program. Registration is under way for fall classes, which start Aug. 24. For information call 281-290-3930 or go to [LoneStar.edu](http://LoneStar.edu).

### "CONFLUENCE, STUDY ABROAD 2009" IN THE BOSQUE GALLERY

Check out this showcase of student installations and photography taken during this summer's study abroad trips to Italy and China. The exhibition will be on display Aug. 4 through Aug. 27 in the Bosque Gallery with a closing reception at 4:30 p.m. Aug. 27. Go to [LoneStar.edu/bosquegallery](http://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 [LoneStar.edu/orientation](http://LoneStar.edu/orientation).

### L.I.F.E. LESSONS IN AUGUST

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star

(Continued on Page 11)



**BUSINESS FORMS  
NEWSLETTERS  
FLYERS  
ENVELOPES  
LETTERHEADS  
NCR SNAP APART  
FORMS  
RUBBER STAMPS  
BUSINESS CARDS**

*Solving all your printing needs.*  
**1-888-687-6444 ext. 24**



**Celebrating Our  
25th Year!**



## **Building a Solid Foundation!**

**18 months – 5<sup>th</sup> Grade  
Serving West Houston Since 1984**

**Small Class Size • Exemplary Academics •  
Extraordinary Enrichment • Before/Aftercare**

14120 Memorial Drive  
281 531-6088

Fully Accredited

[www.yorkshireacademy.com](http://www.yorkshireacademy.com)  
email: [admissions@yorkshireacademy.com](mailto:admissions@yorkshireacademy.com)

## Lone Star College- (Cont. from Page 10)

College-CyFair Branch Library (Room 131.) Programs in August include: unveiling the Chip Hosek Collection of American Art Aug. 5, preventing arthritis Aug. 12, the science and art of perfume making Aug. 19 and new application on Google Aug. 26. Call the library at 281-290-3213 for L.I.F.E. program information or go online to LoneStar.edu.

## Classified Ads

**Business Classifieds** are \$45.00. Please contact Peel, Inc. Sales at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

## Recipe of the Month

### Orange Julius

#### Ingredients

- 1 6 oz. Can Concentrated Orange Juice
- 1 Cup milk
- 1 Cup Water
- 1/2 Cup sugar

#### Directions

Put in blender container, fill container to top with ice. Process.

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

No one said a vacation has to be far away.  
My Homewood.

Treat yourself to a staycation at the Brand New Homewood Suites by Hilton® - Houston Northwest/Cy-Fair. Taking a trip doesn't have to mean leaving the comforts of home behind. Enjoy a spacious suite, our complimentary Suite Start® hot breakfast and even lounge by the pool!

 **HOMESWOOD  
SUITES**  
— Hilton —  
Make Yourself at Home.®

The  Family

[homewoodsuites.com](http://homewoodsuites.com)  
1-800-CALL-HOME®

For current specials and packages visit:  
[www.HoustonNorthwestCyFair.HomewoodSuites.com](http://www.HoustonNorthwestCyFair.HomewoodSuites.com)

Houston Northwest/Cy-Fair  
13110 Wortham Center Drive  
Houston, TX 77065  
Tel: 832-237-2000



**FREE**  
Skin Care Analysis  
and Consultation

# Discover the Advanced way to look and feel great!

**Courtney Snook**  
Medical Spa  
Marketing Liason

**Janies Rummel**  
Medical Spa  
Marketing Manager

**Diana Malone, MD**  
1960 Family Practice

**Brandi  
Valenzuela,  
PA-C**  
1960 Family  
Practice

**Huong Le, MD**  
Medical Spa Director  
1960 Family Practice

MELT FAT WITH THE LATEST  
Liposculpture SmartLipo™

REMOVE UNWANTED HAIR  
Laser Hair Removal

REMOVE UNSIGHTLY VEINS  
Laser Vein Removal, Vein Ablation, Sclerotherapy

ADVANCES IN WRINKLE REDUCTION  
Fillers and Botox®

TIGHTEN LOOSE AND SAGGING SKIN  
Titan™

ERASE YEARS OF SUN-DAMAGED SKIN  
FotoFacial®

REDUCE ACNE BREAKOUTS AND SCARS  
Acne Light Treatments, Chemical Peels, Microdermabrasion

MINIMIZE PORES & FINE LINES  
Laser Toning



**281-453-7085**

**Huong Le, M.D.**  
Medical Director  
Board Certified Physician

**Phu Do, M.D.**  
Board Certified  
Surgeon

20320 Northwest Freeway, #550 | Houston, TX 77065  
837 FM 1960 West, #105 | Houston, TX 77090

**WWW.ADVANCEDCOSMETICLASER.COM • WWW.1960FP.NET**



## New Club Charter Granted to Cypress Ranch Key Club



*Picture of Bob Presnell, Cy-Fair Kiwanis Club President, and Aliah Kelly, Cypress Ranch Key Club President*

Cypress, Texas – July 2, 2009 – A new Key Club has been chartered by Kiwanis International at one of Cy-Fair's newest high schools, Cypress Ranch. The new school club of 238 members has been meeting since the school's opening in August 2008 and made formal application for a charter in January 2009. The official Club Charter was presented to Key Club President Aliah Kelly at the club's first annual banquet held on May 21. The charter presentation was made by Bob Presnell, President of the Cy-Fair Kiwanis Club, and Peggy Presnell, who serves as Kiwanis Sponsor for the new Key Club.

Members attending the banquet were presented with membership items including their membership cards and pins. New officers for the 2009-10 school year were installed by Madhumita Govindu, a Cy-Fair High School student who serves as Lt. Governor of Division 3N of Key Club. Miss Govindu oversees the Katy and CFISD Key Clubs for the Texas-Oklahoma District of Key Club. For more information, please contact:

Bri Holcombe, Publicity Chairman - sbvbchick@hotmail.com  
Justin Bradley, Publicity Chairman - Thebradley5@comcast.net  
Jennifer Hydes, Faculty Advisor - Jennifer.hydes@cfisd.net  
Cypress Ranch Key Club

## IT'S THAT TIME OF THE YEAR AGAIN!

*Students Can Win  
Thousands of Dollars  
in Scholarships and  
Savings Bonds!*

Commander William "Bill" Shaffer of the Veterans of Foreign Wars (VFW) Post 2427 and its Ladies Auxiliary announces the kick-off of the years "Voice of Democracy and Patriot's Pen Essay Competition." These competitions are designed to give local students the opportunity to earn Scholarships and savings bonds toward their education. Students from public, private, and parochial schools are encouraged to participate, as well as students in home study programs. Students begin competing at the local Post level, Post winners advance to the District level, District winners then compete in the State competition. The State winners compete for more than 2.5 million in scholarships and savings bonds.

The Voice of Democracy contest is open to Students in grades 9 – 12 who are enrolled in a public, private or parochial high school, and those in a home study program in the United States, its territories and possessions; or in an overseas U.S. Military/civilian dependent school. Foreign exchange students, students age 20 or over and previous Voice of Democracy first place winners are ineligible. The theme for the year is, "Does American Still Have Heroes?"

The Patriot's Pen Contest is opened to 6th, 7th, and 8th grade students enrolled in public, private or parochial schools in the US, its territories or its possessions. Home-schooled students are also eligible. Dependents of U.S. of military or civilian personnel in overseas schools can participate too. Foreign exchange students and former winners that placed in the National finals are excluded from the contest. The theme for this year is, "When Is The Right Time To Honor Our Military Heroes?"

The deadline for this contest is November 1, 2009. For more information please contact V.F.W. Post 2427, 14408 Alice Road. Tomball, Texas (281) 351-2427 or go online at [www.vfw.org](http://www.vfw.org).

# Lakes on Eldridge North

## 290 Cypress Business Networking Group

The Cypress Business Networking Group meets every Thursday morning at 7:30 am at Cypress Station Grill on Spring Cypress and Hempstead Highway behind Target. 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. Job seekers are welcome to attend also.

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.

## CY-FAIR KIWANIS CLUB

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 with 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 August 4, 11, and 18th.

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.

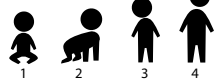


## COLIN'S HOPE

*Increasing water safety awareness and standards*

### 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.



# CYPRESS CARES

★ ★ ★ **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:

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!*



## TANNER LAKES ANIMAL CLINIC

In Your Neighborhood!

Ken Malinowski, D.V.M.



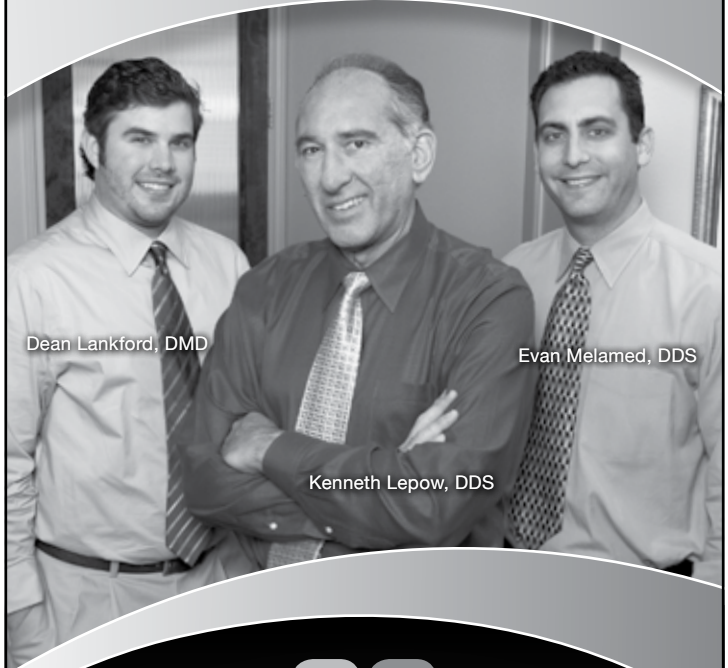
*Only The Best  
For Your Best Friend*

- ✓ Ultrasound
- ✓ Telemedicine
- ✓ Surgery
- ✓ Radiology (x-rays)
- ✓ Tonopen (glaucoma)
- ✓ Dental Cleanings
- ✓ Vaccinations

- Dental Grading at no charge! Dental Estimates!
- Ask about our Shelter Adoption Package at no charge!
- Come by anytime for a tour and meet Dr. Malinowski!

**Office Hours**  
 Mon - Fri 7am - 6pm  
 Saturdays 8am - 1pm  
 713/937-4484

*All of Your Dental Needs Under One Roof*



Dean Lankford, DMD

Evan Melamed, DDS

Kenneth Lepow, DDS



## LEPOW DENTAL ASSOCIATES

- Team of Dental Specialists
- Family Dentistry
- Cosmetic Dentistry
- Orthodontics and Invisalign
- Periodontal (Gum) Treatment/Surgery
- Root Canal Treatment
- Wisdom Tooth Removal
- Dentures and Partial
- Dental Implants



**Now Welcoming New Patients!**  
**(713) 937-0050** ■ **[www.lepowdental.com](http://www.lepowdental.com)**



## Is Your Home an Internet Broadcaster? *(It might be and you don't even know it)*

*Submitted by Laurie Scott*

Laptop computers have made computing mobile and very convenient. Wireless routers in our homes have made it possible to use our computers anywhere in the home, and not just where the connection comes into your home.

If you have a wireless router at home, then you are using one of three possible levels of security, 1) none, 2) poor and 3) what you SHOULD be using. "None" is real simple, open the box, plug in the router, connect to the Internet. With this connection, ANYONE within range, meaning your neighbors, passersby and that annoying teen-age kid down the who likes to hang around your house in the evening can use your wireless network to access the internet or worse, access your computers at home. Also, any illegal activity over the Internet is going to be traced back to your home, not to the person or computer that may have done it.

I often tell the story of the time I moved to Austin from Sacramento 4 1/2 years ago over the Thanksgiving holiday. I stayed overnight with a friend in Flagstaff, Arizona at her parents' home. Lots of relatives were there and they all smoked (and smoked a lot). Even though it was 35 degrees outside, I went and sat in my car for an hour just to breath fresh air. While in my car I powered up my laptop and discovered a completely unsecured network within range. I connected to it and took the opportunity to check my email and do some web surfing. Then the good Samaritan in me decided to do them a favor. I figured they hadn't changed the default password on their router, and sure enough I was right. I logged onto their router and took a screen shot of it. Since they were also using the default name for their computer network, I changed mine to match and could see that they had a computer turned on with one of their hard drives shared (no, I didn't peek at it.) I also saw that they had an Epson printer connected to it, so I downloaded the printer driver and installed it on my laptop, opened Microsoft Word and pasted the screen shot of their router into it. I also included instructions on how to keep prying eyes out of their network, thanked them that I was able to check my email, and then I PRINTED the document out on their printer. Keep in mind I have no idea which house I had connected to. I imagine if they were home that they were a little shocked to have their printer start all by itself and print a note from a complete stranger. Lucky for them I wasn't someone who wanted to copy their files,

plant a virus or lock them out of their own network.

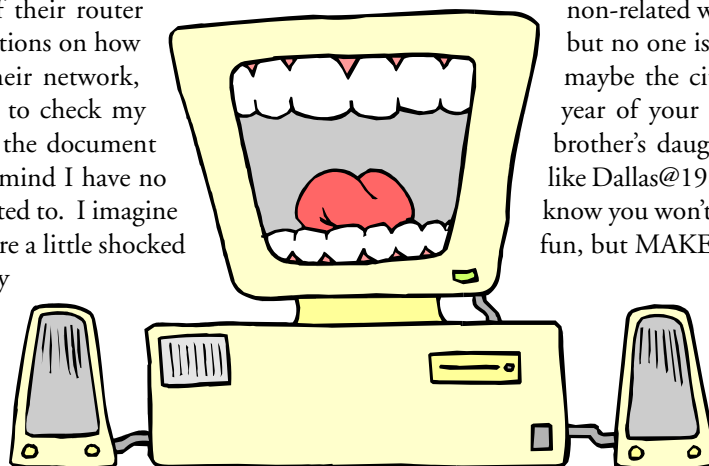
The two levels of security that are usually displayed with a padlock symbol are WEP and WPA. WEP falls into the "poor" category of security. WEP will keep honest people out of your network, and will prevent someone from accidentally getting connected to your network, but WEP was "cracked" several years ago, and nowadays it only takes a laptop and 60 seconds to break into a network secured with WEP.

What you should be using is WPA (or WPA2) to provides a connection that (with a good password) can't be cracked in a comfortable lifetime. Log into your router (usually at <http://192.168.0.1> or <http://192.168.1.1>), go to the wireless security settings and set it for WPA. Then change your laptops and other wireless devices to match.

There are many different routers on the market, but there are a few standard rules to follow: Changing the security settings on your router should always be done with the computer attached to the router via a network cable - don't change it over a wireless connection. If you make a mistake, you won't be able to get back in to fix it. In the wireless security settings on your router, you will see WEP and SHOULD see WPA as options. If you don't see WPA as an option, your router is probably several years old. Go to the manufacturer's support page on their web site and look for updated "firmware" to download. Download the firmware and update the router per the instructions provided by the manufacturer. If the latest firmware doesn't provide WPA encryption, then it's time for a trip to Best Buy or Fry's for a new router. ANY new router will provide WPA encryption. Next use a strong password. A strong password should be at least 12 characters long, feel free to make it a lot longer - the longer the better. Be sure to use upper and lower case letters, use numbers AND use special characters like # \* ( \ } [ @ ! & . Write it down and put it in a safe place. If it helps, use 2 or 3

non-related words or numbers that you know but no one is likely to guess. Something like maybe the city you got married in with the year of your first car and the name of your brother's daughter. It might look something like Dallas@1989!Samantha#. Even people you know you won't guess this. Be creative and have fun, but MAKE IT STRONG!

Next month I'll talk about keeping your information secure when you're online both at home and away.





# JOANIE YUST

YOUR LAKES ON ELDRIDGE NORTH NEIGHBOR & REALTOR

## Our Summer Showcase



6002 Sandia Lake Lane



6215 Ballina Canyon



5707 Sapphire Vista Lane



5634 Ballina Canyon



5311 Green Cove Bend



12110 Laguna Pointe

Call Joanie for an accompanied tour of these properties.



Offering professional real estate advice and knowledgeable service

**Joanie Yust**

*Circle of Excellence Award Winner, GRI, ABR, SRES*

832-563-5869 ■ [jyust@marthaturner.com](mailto:jyust@marthaturner.com)

*Martha Turner*  
PROPERTIES

[www.marthaturner.com](http://www.marthaturner.com)

Exclusive Affiliate of  
**CHRISTIE'S**  
GREAT ESTATES

LUXURY  
PORTFOLIO  
FINE PROPERTY COLLECTION

LEADING  
REAL ESTATE  
COMPANIES  
OF THE WORLD

# Lakes on Eldridge North

## The Science of Grocery Shopping

*Submitted by Kelly Bruneman, Certified Nutrition Specialist*

The grocery store can be a scary place! All those aisles filled with grocery goodness! What is healthy and what isn't? How do you know where to start and what to buy? Follow these simple rules to ensure that you get the most out of your grocery shopping experience:

- **STAY TO THE OUTSIDE**

- Most everything you need is on the perimeter of the store. Your produce, meats, and dairy cases are all on the outside. The aisles are where the boxed and processed foods reside.

- **ORGANIC...IS IT WORTH IT?**

- Not all things are necessary to buy organic. The following produce list is often referred to as the "Dirty Dozen" because they contain the highest levels of pesticides.
  - THE DIRTY DOZEN: Peaches, Apples, Sweet Bell Peppers, Celery, Nectarines, Strawberries, Cherries, Pears, Grapes (Imported), Spinach, Lettuce, Potatoes.
  - THE LEAST CONTAMINATED: Onions, Avocado, Sweet Corn (Frozen), Pineapples, Mango, Asparagus, Sweet Peas (Frozen), Kiwi Fruit, Bananas, Cabbage, Broccoli, Papaya.

- Beef, Poultry, and Dairy are also worth the organic price because they are produced without growth hormones and antibiotics.
- Currently the USDA has not developed organic certification standards for seafood.
- REMEMBER: buying organic foods that aren't good for you doesn't make them healthy!!

- **BUY FROZEN**

- Frozen fruits and vegetables are often flash frozen locking in nutrients better than canned foods.
- Frozen fish and chicken is also flash frozen at the source locking in nutrients and making them convenient alternatives to store in your freezer.

- **DON'T BE AN IMPULSE BUYER**

- Make a list according to how your grocery store is laid out and STICK TO IT! If ice cream isn't on your list, don't go down the ice cream aisle.
- Don't go to the grocery store when you are tired, hungry or irritable. This almost always leads to impulse buys.

*(Continued on Page 19)*

### Why The Maids?



**"They clean my kitchen and bathroom floors on hands and knees.  
The only right way to do it!"**

Obviously, hand-washing kitchen and bathroom floors is the hard way to do it. But it's the way we do it, because it's still the best way to get rid of dirt, grime and bacteria, especially in the corners.

We use a grout brush to remove mold and mildew and thoroughly clean the counters, getting rid of water spots, soap residue, hairspray, toothpaste and anything else that shouldn't be there. And that's just the bathroom.

**The Maids® Home Services**

*Nobody Outcleans The Maids.®*

### 100% Satisfaction Guarantee

If you're unhappy with any area we've cleaned, call within 24 hours, and we'll come back to reclean it free of charge!

**Call for a FREE estimate.**

**832-593-7504** Sales

**832-593-7500** Customers

[www.maids.com](http://www.maids.com)



# Lakes on Eldridge North

## *The Science of Grocery Shopping- (Continued from Page 18)*

- If possible, don't take the kids! Grocery stores target impulse buyers and almost all kids are impulse buyers!
- Don't get distracted at the checkout line. As you are waiting to check out grocery stores stock the racks with tempting candy bars and sodas. Don't be fooled! If you think you might give in bring in water with you and pop a piece of sugar free gum! Or flip through the latest gossip magazine until it is your turn to pay.
- If you don't buy the junk food, you won't have it in the house!

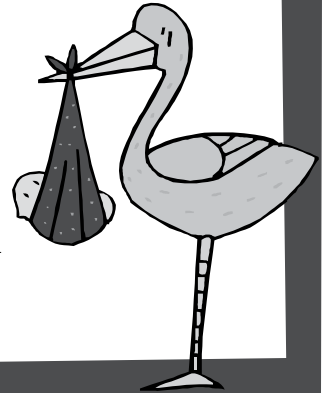
### • CHECK OUT THE LABEL

- THE FDA requires that all ingredients be listed in descending order of predominance by weight. Try to pick foods that have a short ingredient list that don't have many artificial ingredients.
- Look for foods that have ingredients that you can pronounce
- Choose foods that are "real". Examples are 100% fruit juice or 100% whole-grain items with as little processing and as few additives as possible. If you want more salt or sugar, add it yourself.

Finally, just take a deep breath and go for it! You are in control and remember if you don't buy it; it won't find its way into your house!

## Stork Report in Lakes on Eldridge North

Submit your  
information on the  
arrival of  
your little one to  
[articles@peelinc.com](mailto:articles@peelinc.com)



# YARDMASTERS, INC.

15420 Telge Rd.

*A Professional Landscaping & Lawn Maintenance Service*



- Landscaping
- Flower Bed Renovation
- Moss Rock
- Flagstone Borders
- Walkways
- Drainage Systems
- Landscape Lighting
- Sprinkler System Installation, Modification and Repair (LI 5455)



# 281-469-5158

[www.yardmastersinc.com](http://www.yardmastersinc.com)

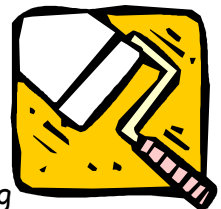
## Bashans Painting & Home Repair

Commercial/Residential  
Free Estimates

### 281-347-6702



281-731-3383 cell



- Interior & Exterior Painting
- Hardi Plank Installation
- Wood Replacement
- Sheetrock Repair
- Interior Carpentry
- Cabinet Painting
- Wallpaper Removal and Texturizing
- Pressure Washing
- Fence Repair/Replacement
- Garage Floor Epoxy
- Custom Staining

**References Available • Fully Insured**  
**NO PAYMENT UNTIL COMPLETION**

[bashanspainting@earthlink.net](mailto:bashanspainting@earthlink.net)



# Lakes on Eldridge North

## Movie Review

By Kiko Martinez - San Antonio-based film critic/writer  
www.CineSnob.net

### *Harry Potter and the Half-Blood Prince*

*Daniel Radcliffe and Michael Gambon star in "Harry Potter and the Half-Blood Prince," the sixth installment of the series.*



**Starring:** Daniel Radcliffe, Jim Broadbent, Emma Watson

**Directed by:** David Yates ("Harry Potter and the Order of the Phoenix")

**Written by:** Steve Kloves ("Harry Potter and the Goblet of Fire")

The popular boy wizard continues down the mysterious road of sorcery and wonderment that has entertained fans for the last eight years in the sixth installment of the J.K. Rowling's fantasy franchise, "Harry Potter and the Half-Blood Prince." Who would have guessed that Harry's most formidable adversary in the new film would be puberty?

Yes, Harry (Daniel Radcliffe) has developed into a young man, and just in time. In "Half-Blood Prince," there's far more to fear than acne breakouts and raging hormones. The Dark Arts flourish as Harry and best friends Ron (Rupert Grint) and Hermione (Emma Watson) continue on their quest to stop the evil Lord Voldemort (seen in this film only as a gothic-looking young student).

The story begins with Albus Dumbledore (Michael Gambon) interfering into Harry's life outside of Hogwarts as he flirts with a café waitress and sets up an impromptu date. Harry, who now knows he is "the chosen one," doesn't have time to enjoy the Muggle world as much as he would like. Dumbledore whisks him off to visit retired professor Horace Slughorn (Jim Broadbent) so they can try to persuade him to return to Hogwarts. There's something Slughorn is suppressing in his memory that can help Harry understand how to defeat Voldemort.

Along with Slughorn's secrets, Harry must contend with a trio of smoky Death Eaters, who are terrorizing both the Muggle and Wizard worlds, Draco Malfoy (Tom Felton), who is coming into his own and doing so by following orders of the Dark Lord himself, and, of course, the romantic high jinks that seems contagious throughout the entire school.

While romance continues to blossom occasionally between Harry and Ginny Weasley (Bonnie Wright), Ron and Hermione's ambiguous relationship halts for a moment when another girl (Jessie Cave) begins to show interest in Ron. There's no need for too many doses of love potion in the high school-like melodrama that plays out in the halls of Hogwarts. With all the heartbreak, jealousy, infatuation, and pitter-patter of youthful hearts, it's really a treat to see there's actual blood pumping through these characters as the story continues to unfold.

Directed by David Yates, who was also behind "Order of the Phoenix," "Half-Blood Prince" is the most dialogue-heavy of the entire series. Yates and his screenwriting team slow down the pace considerably to uncover more of the emotional elements of everyone involved. However, there are still highly entertaining scenes comprised of impressive special effects and sprightly editing (you can't have a "Harry Potter" movie without a weather-beaten game of Quidditch). "Half-Blood Prince" is also the funniest of the bunch.

While actual magic might be a secondary thought in Rowling's text, "Half-Blood Prince" is a notable addition to the narrative as a whole. It all leads up nicely to the final installment, "Harry Potter and the Deathly Hollows," which will be released in two parts in 2010 and 2011 respectively.





# 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.

**NO NEED TO MEET WITH ME  
NO COST TO YOU...**

Just an item of value at your request!

Call 832 788 6002 to request to be set up

Or just email me a request at [Danielle@dgebbara.com](mailto:Danielle@dgebbara.com)

Your information will be handled confidentially and never shared, sold, or  
distributed to any other organization, company or entity.

Direct: 832-788-6002

Off: 281-664-8300 Ext. 3153

[danielle@dgebbara.com](mailto:danielle@dgebbara.com)



  
**KELLER WILLIAMS**<sup>®</sup>  
R E A L T Y

## *Because every move matters!*



**RE/MAX Professional Group**  
9234 FM 1960 West  
Houston, Texas 77070  
832-478-1205



## David **"SUPER DAVE"** Flory

### Lakes on Eldridge North Market Report

	ACTIVE	PENDING	SOLD Last 6 Months
# of Listings	33	2	28
Price Range:	315,000 109,900	308,500 1,099,000	288,000 975,000
Average Price	\$497,253	\$703,750	\$418,313
Avg price / sq.ft.	\$120.75	\$169.54	\$116.50
Avg DOM	60	44	41
Low Price / sq.ft.			\$80.50
Hight Price / sq.ft.			\$186.00



"Thank you **Flory Team** for selling our home in three days at the listed price. We appreciate the hard work, dedication and professionalism your entire staff has shown us throughout the process.

*Super Dave* really suits you as you are super in every way! "

The Piperato's

**WWW. SUPERDAVE.COM**

**281-477-0345** Direct Line

Each Office Independently Owned and Operated

SERVING NORTHWEST HOUSTON, CYPRESS, SPRING, TOMBALL AND SURROUNDING AREAS

## The “Four Awareness” Points When Playing Tennis

Submitted by Fernando M. Velasco

In past issues, I have written about how to choose proper tennis equipment and efficient ways to practice. This issue offers advice on how to tackle the “critical points” in your matches.

In every match, you will find critical points that can determine whether a player wins or losses. At these critical points, I suggest reviewing what I call the “four awareness” points:

### FIRST AWARENESS: SELF

Every player possesses certain shots that they feel more comfortable hitting on a critical point. For example, it could be a forehand topspin, or a slice one. When choosing which shot to hit on a critical point, decisively utilize the shot that comes more naturally without changing your mind. That is when mistakes are made.

### SECOND AWARENESS: OPPONENT

When the players decide on a shot at a critical point, they need to consider their opponent's strengths and weaknesses. During the match, they should notice the shots the opponent has less success with than others. On a critical point, players should use the shot they feel more comfortable with but also they will aim towards their opponent's weaknesses.

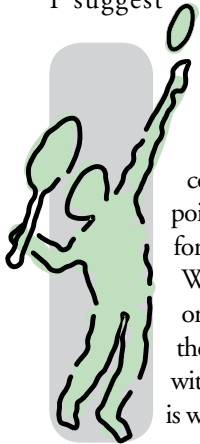
### THIRD AWARENESS: COURT

Once you decide on your most consistent shot, consider the opponent's weakness, you also need to take into account the court conditions. Factors such as the sun, wind, and surface will make a difference on the shot executed. When in doubt, you should either choose a shot toward an opening on the court, or directly at your opponent's feet; open spaces or shoe laces.

### FOURTH AWARENESS: SCORE

When you decide on your shot, the placement and being aware of the court challenges, a good player should also remember the score in hand. Players will be aggressive when the score is in their favor, and be more conservative when tied, or behind. For example, when a player is serving at 40-15, the serve should be a powerful and assertive. In contrast, if the score is 15-40, the player should serve the first serve with some power, but with more placement.

*Over time, these four awareness points will become both automatic and reactionary as players become more experienced in playing and competing. After the shot has been properly executed, they will sometimes give themselves a pat on the back for doing the right thing at the right time, and remind themselves that they followed the “four awareness” points.*



## Advertise YOUR business to YOUR neighbors for less than 8¢ per home.

*Effective Advertising, Done Right.*

*Call today to Reserve your space.*

**Peel, Inc.**  
COMMUNITY NEWSLETTERS

**1-888-687-6444**  
**www.PEELinc.com**

LN





# Lakes on Eldridge North



## Texas Events - August

- 1—BAYTOWN:** Grape Stomp @ Yepez Vineyard Hours are noon to 5 p.m. Yepez Vineyard, 12739 F.M. 2354. [www.yepezvineyard.com](http://www.yepezvineyard.com) 281/573-4139 or 281/804-3401
- 1—KEMAH:** Salsa on the Boardwalk Enjoy great food and the exotic sounds of salsa and Latin jazz. Kemah Boardwalk. [www.kemahboardwalk.com](http://www.kemahboardwalk.com) 281/334-9880
- 1—ORANGE:** OCARC Fishing Tournament (Began Jul. 31.) 409/886-1363
- 1-2—SOUTH PADRE ISLAND:** 70th Texas International Fishing Tournament Offers fun for all anglers of all ages. (Began Jul. 29.) [www.tift.org](http://www.tift.org) 956/943-8438
- 1-2, 7-9—BAYTOWN:** Disney's Beauty & the Beast Lee College Performing Arts Center, 200 Lee Drive. [www.baytown.littletheater.org](http://www.baytown.littletheater.org) 281/424-7617
- 1, 8, 15, 22, 29—CORPUS CHRISTI:** Live Music Bay Cruise Captain Clark's Flagship. E-mail: [CaptClarksFlagship@worldnet.att.net](mailto:CaptClarksFlagship@worldnet.att.net) 361/884-8306
- 2—PALACIOS:** Shrimporree 361/972-2664
- 2—SANTA FE:** Czech Festival Music provided by the Accordion Cowboy. Begins at 1 p.m. Haak Winery, 6310 Ave. T. [www.haakwine.com](http://www.haakwine.com) 409/925-1401
- 2—VICTORIA:** Our Lady of Sorrows Jamaica Community Center. 361/575-2293
- 5, 12—ORANGE:** Wild Wednesdays at Shangri La Offers a series of classes presented by Shangri La's summer scholars to educate the public about the natural world. Topics include invasive plants, spiders, snakes and Shangri la History. Shangri La Botanical Gardens. [www.shangrila.gardens.org](http://www.shangrila.gardens.org) 409/670-9113
- 6-9—PORT ARANSAS:** Texas Legends Billfish Tournament Boats may leave from any Texas port. Activities include the captain's party, memorial dinner and awards brunch. [www.txlegends.com](http://www.txlegends.com) 281/474-4000
- 7—TOMBALL:** Tomball Night Includes bands, vendor booths, lighted parades and fireworks. [www.tomballchamber.org](http://www.tomballchamber.org) 281/351-7222
- 7-9—BEAUMONT:** Beaumont Cruise & Hot Summer Nites Shine up the rims, polish the windows and have a blast in Southeast Texas. [www.firemuseumoftexas.org](http://www.firemuseumoftexas.org) 409/769-7599
- 7-9—SOUTH PADRE ISLAND:** 28th Annual Ladies Kingfish Tournament More than 250 women are expected to compete in this boat tournament. Includes bay and offshore divisions. [www.spichamber.com](http://www.spichamber.com) 956/761-4412
- 7-9, 14-16, 21-23—WHARTON:** My Fair Lady Henry Higgins falls in love with Eliza Doolittle in this triumphant show about a cranky linguistics professor's efforts to turn a Cockney flower girl into something like a lady. The Plaza Theatre. [www.whartonplazatheatre.org](http://www.whartonplazatheatre.org) 979/282-2970
- 7, 14—ROSENBERG:** Hot Summer Concerts Performers include Karaoke Night on Aug. 7 and Mofo Party Band closing the series on Aug. 14. Begins at 7 p.m. Third Street Park. 832/595-3525
- 8—CORPUS CHRISTI:** Howl at the Full Moon Cruise Get a spectacular view of the full moon over Corpus Christi Bay. Peoples Street T-Head. [www.HarborFerry.net](http://www.HarborFerry.net) 361/438-2667
- 8—HOUSTON:** Ottmar Liebert & Luna Negra Features Latin/adult contemporary/world music. House of Blues. [www.hob.com/venues/clubvenues/houston](http://www.hob.com/venues/clubvenues/houston) 888/402-5837
- 8—PALACIOS:** Family Fishing Tournament 361/972-2615
- 8—PALACIOS:** Market Day 361/972-2615
- 12—SAN BENITO:** El Second Weensdee Enjoy an oral history series on conjunto music. Begins at 7 p.m. The Narciso Martinez Cultural Art Center, 225 E. Stenger St. [www.cityofsanbenito.com](http://www.cityofsanbenito.com) 956/399-0110
- 14—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](http://www.buffalobayou.org) 713/752-0314 ext. 4
- 14-16—HOUSTON:** Bayou City Inspirational Film Festival Showcases positive, educational and inspirational film and video projects from around the world. Includes seminars, workshops, networking events, film screenings, youth spotlights and much more. [www.bciff.com](http://www.bciff.com) 281/204-7219
- 14-16—ROSENBERG:** 35th Annual Festival of Glass & Antique Show & Sale Preview is 2 to 7 p.m. Friday. Hours are 10 a.m. to 5 p.m. Saturday and 11 a.m. to 4 p.m. Sunday. Fort Bend County Fairgrounds. [www.houstonglassclub.org](http://www.houstonglassclub.org) 281/342-4876 or 713/729-4267

*(Continued on Page 26)*



# *Lakes on Eldridge North Resident & Specialist*



## **Monty Singh**

*Your Neighborhood Realtor*  
RE/MAX Professional Group

Office: (832) 478-1269  
Cell: (832) 434-6572  
montysingh@remax.net



**DONATIONS MADE FROM  
MY SALES IN LOEN/LOE TO  
*The Children's Miracle Network***

### ***True dedication provided in all aspects of Real Estate Buying or Selling Luxury Homes***

- FREE Neighborhood market update!!
- EXCELLENT COMMISSION RATES PROVIDED WHEN YOU LIST & PURCHASE THROUGH MONTY SINGH!!
- RE/MAX Peak Performer
- Ranked one of top real estate offices in Houston by HBJ (RE/MAX Professional Group)



*Each Office Independently Owned and Operated*

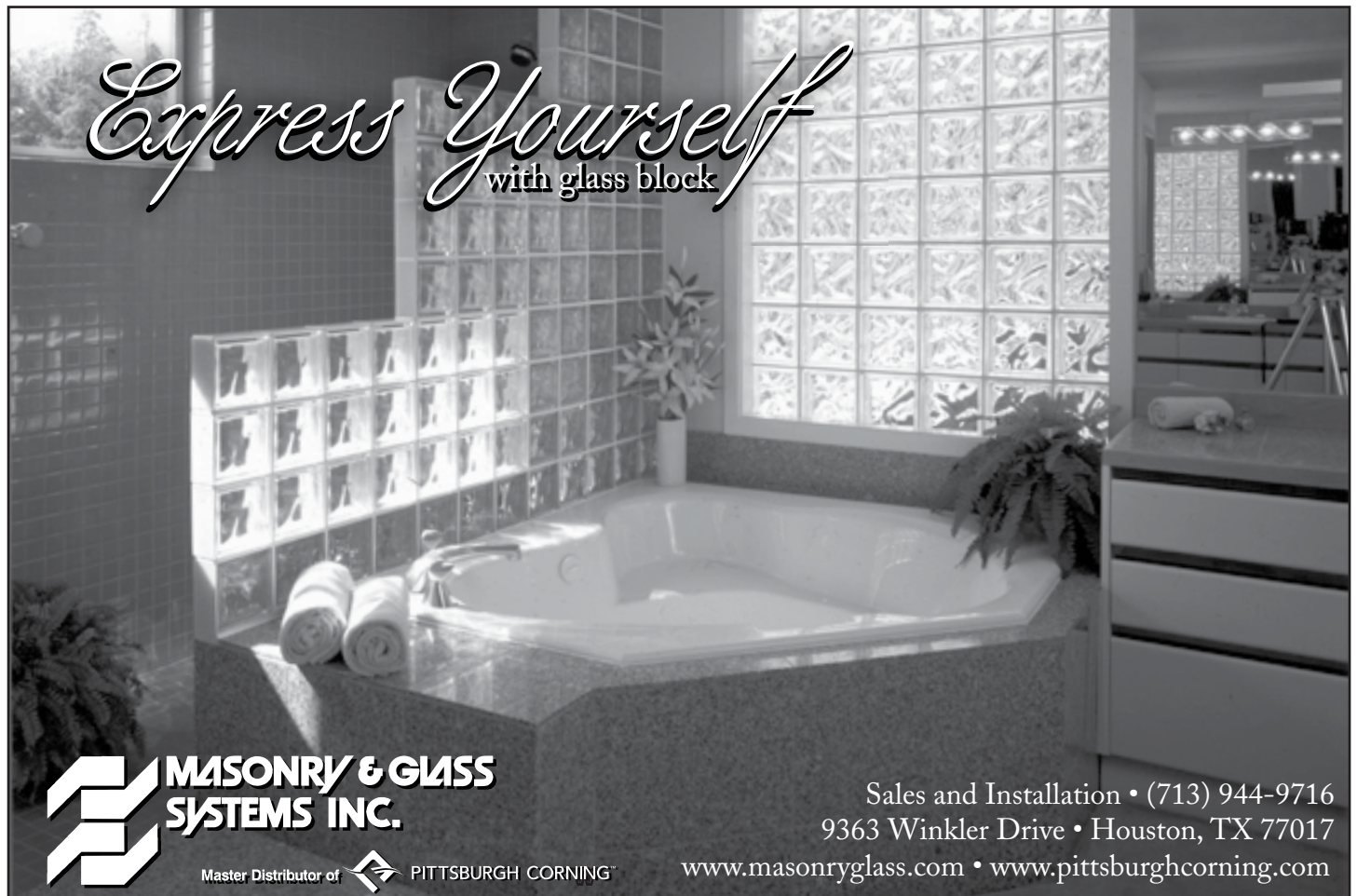


# Lakes on Eldridge North

## Texas Events - (Continued from Page 24)


- 15—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
- 15-16—PORT NECHES:** Trade Day on the Avenue Includes antiques, collectibles, decor, entertainment, food and music. Port Neches Avenue. 409/722-4023
- 20-Oct. 8—NASSAU BAY:** Flotsam & Jetsam Artists respond to Hurricane Ike in this open juried show. The Arts Alliance Center at Clear Lake. [www.taaccl.org](http://www.taaccl.org) 281/335-7777
- 21—HOUSTON:** A Tribute to the Big Band Era Features original works by Conrad Johnson Youth Orchestra, Young Adult Orchestra and the Conrad Johnson Jazz Heritage Orchestra. Miller Outdoor Theatre. [www.milleroutdoortheatre.com](http://www.milleroutdoortheatre.com) 281/373-3386
- 22—BEAUMONT:** Downtown Jazz Fest The streets of historic downtown will be filled with the soulful sounds of Lou Ann Barton, Dean James, Jimmy Simmons, Billy McCormic, Dwayne Hildreth Band, The Greyhounds, Marion Meadows, Jack Edery and many others. [www.beaumont-tx-complex.com](http://www.beaumont-tx-complex.com) 409/838-3435 ext. 1
- 22—HOUSTON:** Keeping the Music Alive Concert event pays tribute to popular recording artists Marvin Gaye and Donnie Hathaway. Miller Outdoor Theatre. [www.milleroutdoortheatre.com](http://www.milleroutdoortheatre.com) 281/373-3386
- 22—SOUTH PADRE ISLAND:** USA Surf 'n' Turf Adventure Race Puts two-person teams through a multi-sport challenge including biking, running and some water paddling. Mystery events are also included. [www.unlimitedsportsadventures.com](http://www.unlimitedsportsadventures.com) 956/350-4247
- 23—SANTA FE:** Greek Festival Begins at 1 p.m. Haak Winery, 6310 Ave T. [www.haakwine.com](http://www.haakwine.com) 409/925-1401
- 24-Oct. 25—PORT ARTHUR:** Rauschenberg Tribute Exhibition The competition is open to artists who are 18 years or older and whose work is inspired by and/or reflective of Robert Rauschenberg. Museum of the . [www.museumofthegulfcoast.org](http://www.museumofthegulfcoast.org) 409/982-7000
- 28-29—HOUSTON:** The Marriage of Figaro by Mozart Sung by the Houston Ebony Opera. Miller Outdoor Theatre. [www.milleroutdoortheatre.com](http://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.*



*Express Yourself*  
with glass block

**MASONRY & GLASS  
SYSTEMS INC.**

Master Distributor of  PITTSBURGH CORNING™

Sales and Installation • (713) 944-9716  
9363 Winkler Drive • Houston, TX 77017  
[www.masonryglass.com](http://www.masonryglass.com) • [www.pittsburghcorning.com](http://www.pittsburghcorning.com)



## Meet Johnathan

DOB: 10/1997

Johnathan is an affectionate child who loves to give and receive hugs. He loves trains, building with Legos and cardboard boxes. He also enjoys going on outings and watching cartoons, especially Scooby-Doo. His favorite food is pizza.

He has been diagnosed with an Autistic Spectrum Disorder which requires therapy. He is not able to communicate as easily as other children his age, which can be very frustrating for him. He has made tremendous progress in foster care and has a strong desire to please the adults around him. Johnathan requires a high level of supervision due to his activity level and his social skills. Johnathan's foster mom describes him as a "lovable child" and a "good kid."



For more information about adoption in general or Johnathan, please contact the Adoption Coalition of Texas at [info@adopttexas.org](mailto:info@adopttexas.org).

## Britt's Book Buzz

### It's Criminal!

#### *The Associate by John Grisham*

I am a positive person and I feel bad about putting negativity out there, especially in a book review. I must say, however, that *The Associate* by John Grisham was a terrible book. I hadn't read anything by Grisham since *The Firm* and *The Pelican Brief* while in high school. At the time, they seemed like somewhat smart novels. I came across *The Associate* at Half Price Books and thought "why not?" Boy, has time changed the author—and not for the better. My mom put it best, "he has a formula to his books." Meaning, he doesn't put much thought into the books other than to get them on the bookshelves as quickly as possible. Do lawyers even read these books or find them even mildly entertaining?

In the book, a hotshot law student has two great job offers and a bright future, but a blackmailing expert team has found a skeleton in his closet and exploits it to the fullest in order to obtain highly confidential information. Only in the last 50 or so pages does the law student finally realize that he should just come clean and face the issue. Wouldn't a Yale law student know how to resolve the situation without having to work with the blackmailers? I have absolutely no law background, but I saw no evidence to even convict him!

Character development was poor and the book was loaded with cliché after cliché and stereotypes (i.e. the hot law student who dressed really great and showed off her perfect body to the enjoyment of her male colleagues). The ending was horribly lazy and unfinished.

Looking at the bright side, I hope this review saved you a worthless read.

Feel free to comment on this review or your thoughts on the book or suggest a book for me to review on my blog at <http://www.brittsbuzz.blogspot.com>.

## Do You Have Reason to Celebrate?

We want to hear from you! Email [articles@PEELinc.com](mailto:articles@PEELinc.com) to let the community know!

## CONTRIBUTORS NEEDED

Volunteer to be the Editor of your newsletter



Call 1-888-687-6444 for more information.



*Mary & Royce McCann  
Local Business Owner's*

# Home Comfort Solutions

Air Conditioning & Heating

***"We Specialize In Keeping Older Equipment Running"***

## **\$59 AC TUNE-UP WITH GUARANTEED 100% RETURN ON YOUR INVESTMENT OR FULL REFUND**

We will give your air conditioner a complete "Precision Tune-Up and Professional Cleaning". Instead of a simple "check up", it is separated into 20 individual operations. Each operation is performed by a seasoned professional whose craftsmanship is among the best in the industry.

**FREE 1 LB. FREON WITH  
A/C CHECK (if needed)**

Offer Expires 8/31/2009

**\$29.95 OFF  
ANY REPAIR**

Offer Expires 8/31/2009



**EARLY BIRD SPECIAL!**  
Call before 11:00am  
and save an additional \$10



©2009 Home Comfort Solutions  
Contractors State License TACLA 1888C

**(281) 469-9999**  
**11875 W. Little York, #701**  
**Houston, TX 77041**  
**[www.houstonhomecomfort.com](http://www.houstonhomecomfort.com)**

**Know Who Is In Your Home**



# Lakes on Eldridge North

Not Available Online

## 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.

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

\*Solution at [www.PEELinc.com](http://www.PEELinc.com)

© 2007. Feature Exchange

## Advertising Information

Please support the businesses that advertise in the Lakes on Eldridge North Newsletter. Their advertising dollars make it possible for all Lakes on Eldridge North residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our Sales Office at 888-687-6444 or e-mail [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 10th of each month for the following month's newsletter.

**DISCLAIMER:** Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

## Do You Have Reason to Celebrate?

We want to hear from you!  
Email [articles@PEELinc.com](mailto:articles@PEELinc.com)  
to let the community know!



# Lakes on Eldridge North



View the Kids' Club Contest Winners online each month at [www.peelinc.com/kidsclub.php](http://www.peelinc.com/kidsclub.php)

## GO GREEN! GO PAPERLESS!

Sign up to receive the Lakes on Eldridge North Newsletter directly to your inbox. Visit [PEELinc.com](http://PEELinc.com) for details.

## Your Home's Air Conditioning Efficiency

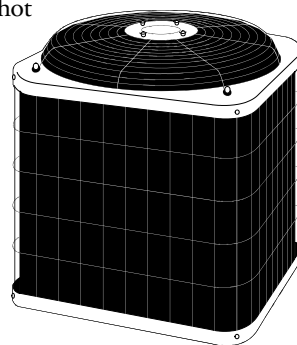
*Submitted by Robert Lee*

Over the previous six months there has been more discussion on Air Conditioning efficiency and home efficiency than any other time in recent years! Since manufacturers, local utilities and the Federal Government are offering rebates people have a better understanding of SEER and EER (efficiency ratings) of air conditioners. Overall this is a good thing, but it only addresses half of the problem!

The air distribution system (air ducts) are the other half of the equation and have nothing to do with the published SEER or EER ratings! The only way to know if your system is even close to running at capacity is to test it after it is installed so that the entire system, including the ductwork, is tested.

Have you spent good money on a new system but still have hot spots, cold spots or uncomfortable rooms; or maybe you haven't seen your energy bills reduced? Are you thinking about taking advantage of the Federal Rebate by purchasing new high efficient equipment? If your answer is yes to any of these questions then please think about the whole system! Efficient new equipment on old, inefficient ducts is a recipe for discomfort, or worse, failure!

Call to have a certified professional test your entire system today; stop throwing money away every month and have a more comfortable, and efficient, home.



## Spark Power Bank

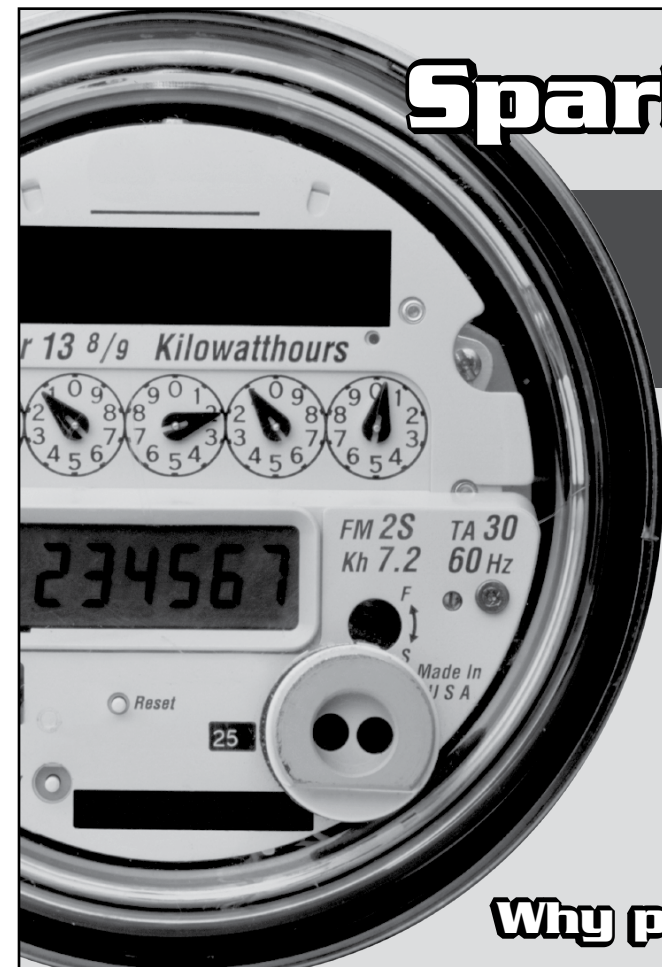
**We Challenge What  
You Pay For Electricity**

**SIGN-UP ONLINE TODAY!  
[WWW.SPARKPOWERBANK.COM](http://WWW.SPARKPOWERBANK.COM)**

*Please choose "Newsletter Ad" as your referral*

I'm Texas Energy Analyst Alan Lamme. Maybe you've heard me on the radio talking about the market forces that drive energy prices. I'm here to tell you that you're not stuck paying those high prices to big electric companies anymore!

**Why pay more than you have to?**



## Travel Tips

*Submitted by Marina Byrum*

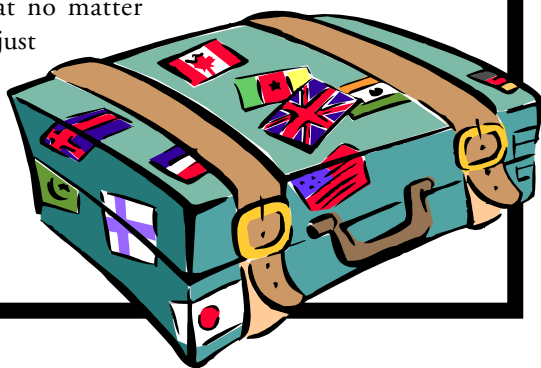
If you plan to travel this year, you should be able to take advantage of the many bargains that are available. With the stock market wavering and the economy slowing, most cruise lines, tour operators and hoteliers are feeling the pinch as travelers cut back on vacation spending.

The good news is that this is a great time to travel, as prices for almost everything are being slashed by as much as 75% off normal pricing. Many seven-night cruises are available for about \$1,000.00 per couple, based on an inside cabin (no window or porthole). Hotels are cutting their rates also; with some offering 4th and 5th nights free; or discounts as high as 60% off the normal rack rates.

Whereas cruise lines have always offered discounts to those who book six months or more ahead; now they are discounting even more. Carnival Cruise Lines, for example, now offers an Early Saver Fare that offers about a 45% discount; with the caveat that your deposit is non-refundable. They also offer an optional insurance policy that would recover your deposit if you need to cancel for any covered reason; i.e., accident, illness or death in the immediate family.

Planning a vacation has never been easier; and it's doubtful we will ever see it cheaper. That is, unless the economy continues to slide. As we enter the month of July, there is still plenty of availability for the rest of the summer; something that has not been true in summers past.

So take advantage of the deep discounts if you can; and remember that no matter where you go, just take care to enjoy the journey. Have a fun, safe summer.



**Advertise  
Your Business Here  
888-687-6444**

# Peel, Inc.

## Printing & Publishing

**1-888-687-6444**

**www.PEELinc.com**



**We currently publish newsletters  
for the following subdivisions in Houston:**

Blackhorse Ranch  
Bridgeland  
Coles Crossing  
Cypress Mill  
Cypress Point  
Enchanted Valley  
Fairfield  
Harvest Bend The Village  
Lakes of Fairhaven  
Lakes on Eldridge  
Lakes on Eldridge North  
Lakewood Grove  
Legends Ranch  
Longwood  
Pine Brook  
Riata Ranch  
Shadow Creek Ranch  
Steeplechase  
Stone Gate  
Summerwood  
Village Creek  
Willowbridge  
Willowlake  
Willow Pointe  
Winchester Country  
Winchester Trails  
Windermere Lakes  
Wortham Villages

**advertising@PEELinc.com**

# Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

## WORK OUT CHRONIC FATIGUE

Chronic fatigue is more than just feeling tired all the time. For those who suffer from this mysterious syndrome, it can be a constant battle simply to get out of bed in the morning. Symptoms of chronic fatigue syndrome (CFS) include unexplained fatigue lasting 30 days or more; flu-like symptoms such as a sore throat, generalized muscle pains, head-aches and swollen lymph nodes; difficulty concentrating and sensitivity to bright light. CFS was dubbed the yuppie flu in the '80s and, despite the fact that it has been recognized as a legitimate, often debilitating illness, it is still met with scorn and disbelief.

There is no cure for CFS. For some people, it simply goes away, while others are debilitated by it for many years. Because the cause is largely unexplainable, treatment for CFS focuses primarily on relieving symptoms.

### **LOW BLOOD PRESSURE CAN BRING YOU DOWN**

One of the latest theories proposed to explain CFS is that individuals who suffer from this condition also may have extremely low blood pressure. Researchers at Johns Hopkins University found that 22 of 23 CFS patients also had a disorder called neurally mediated hypotension (NMH). People with NMH get dizzy from standing up too quickly or from standing for extended periods of time, signaling that not enough blood is reaching the brain. When treated for NMH for six months (either with medication or by increasing salt and fluid intake), nine of the 22 CFS patients said that all or nearly all of their CFS

symptoms had disappeared; another seven said that their symptoms had improved.

### **A NOVEL APPROACH**

But what about those who have normal blood pressure, but still fight persistent fatigue? Here's an interesting proposition: Is it possible to treat chronic fatigue with exercise?



Some researchers think so. A recent review of existing research on CFS explored the possibility of using physical activity programs to treat this puzzling condition. The findings are intriguing, if not conclusive.

Many people with CFS claim that they are too tired to exercise. Measurements of strength, exercise capacity and muscle function, however, suggest that CFS patients are not much weaker than the controls (people without CFS) they are compared to in research studies. This suggests that their capacity to exercise is greater than they may perceive. But telling someone who feels unable to get out of bed to exercise is probably an exercise in futility.

### **EXERCISE FOR ENERGY**

Still, physicians such as Dr. Neil Gordon, author of *Chronic Fatigue: Your Complete Exercise Guide*, view exercise as a form of medication and an integral part of rehabilitation from CFS. Exercise programs for people with CFS are not much different than any other comprehensive exercise program: Cardiovascular, strengthening and range-of-motion training should all be addressed. The primary difference is the pace and degree of progression: CFS patients need time to build their strength and adapt to the increased demands of exercise. And, as with any other physical condition, CFS patients should consult with their physicians before beginning an exercise program.

### **EXERCISE YOUR OPTIONS**

People with CFS feel limited by their condition to enjoy the benefits of an active life. But as anyone who exercises will tell you, expending energy brings about increased energy in return. The same may hold true for individuals who are plagued by the unexplained tiredness of CFS.

**ACE**  
AMERICAN COUNCIL ON EXERCISE

*Reprinted with permission from the  
American Council on Exercise*





# Tim Ziifle

BROKER ASSOCIATE, CRS (*held by only 4% of ALL Realtors*), ASR, SRES, ABR, ALHS, MIRM, AHS, RCC, CSP, CNHS, RECS, E-PRO & RELOCATION SPECIALIST

**KNOWLEDGE + EXPERIENCE (27+ YRS.) = RESULTS!**

**Lakes On Eldridge Homeowner & N. Eldridge Specialist**

*If you are seeking a proven, real estate EXPERT to...*

- ◆ FIND A QUALIFIED BUYER FOR YOUR HOME WITHIN YOUR REQUIRED TIME FRAME
- ◆ PROVIDE A DETAILED ACCURATE ASSESSMENT OF YOUR HOME'S CURRENT MARKET VALUE
- ◆ HELP YOU TO STAGE YOUR HOME TO ENSURE MAXIMUM APPEAL AND OBTAIN TOP DOLLAR
- ◆ PROVIDE YOU WITH EXPERT ADVICE AND GUIDANCE THROUGHOUT THE ENTIRE PROCESS
- ◆ WHO WILL WORK DIRECTLY WITH YOU AND NOT THROUGH TRAINEES OR ASSISTANTS
- ◆ AND WHO WILL SAVE YOU A SIGNIFICANT AMOUNT OF DOLLAR\$

*And Whose Previous Clients Say This About My Service...*

"I am writing to thank you for all your help in successfully marketing & selling our US home as part of my transfer from Houston to Stavanger, Norway. Your professional, no-nonsense approach and sound pre-sale preparatory advice was much appreciated. Your knowledge and ability to navigate the intricate processes of international oil company sale procedures was also very helpful. Your experience and understanding of the north-west Houston market proved valuable in pitching our house appropriately."

*Ian W.*

"So let me just say that if you want the hardest working, most straightforward, most thorough, friendliest real estate agent you could ever hope for, call Tim."

*Dave & Elaine R.*

"We really appreciated the direct one-on-one contact you were able to provide to us, along with your outstanding knowledge of the market, how to present the home and your negotiating skills"

*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."

*Karl B.*

**Start SAVING by giving me a call at: (832) 457-1989**



**THE MORTON GROUP**  
14525 FM 529, SUITE 100  
HOUSTON, TEXAS 77095

[www.har.com/timziifle](http://www.har.com/timziifle)

E-mail: [tcziifle@msn.com](mailto:tcziifle@msn.com)



# 1960 Family Practice &

837 FM 1960 West Ste 105

Houston, Texas 77090

(Right behind Starbucks @ Red Oak)

(281) 586-3888

*Board Certified Physicians in Family Medicine  
and Pediatrics dedicated to your care*

## **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

Heidi Nashed-Guirgis, MD

Luz Marquez, MD

Jennifer Dong, MD

Haley Nguyen, MD

Tami Berckenhoff, PA-C

Brandi Valenzuela, PA-C

Sydney Payne, PA-C

*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 patients 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.

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

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



# & Urgent Care Center

Family Practice, Internal Medicine  
to your healthcare needs.

20320 Northwest Frwy Ste 500  
Houston, Texas 77065  
(turn right at the Firework Warehouse)  
Located at 290 and 1960

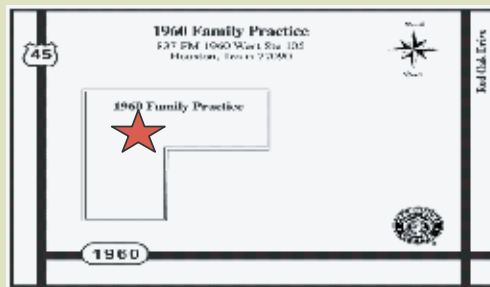
## 1960



## FAMILY PRACTICE

**\*NEW LOCATION AT HWY 290\***

20320 Northwest Frwy. Ste. 500 - Houston, TX 77065  
Located at 290 and 1960



### Services offered at 1960 Family Practice

Physicals	Heart Disease	Hormone Therapy
Well Woman Exams	Lung Disease	Cancer Screening
Diabetes	Sleep Disorders	Gastrointestinal Disease
Hypertension	Workmans Comp	Bone Density

Walk-In Clinic & Same Day Appointments

No appointment Necessary - Most Insurance Accepted

Accepting New Patients

## 281-586-3888

Appointment press option 1

shots  
\$15



# NOW MORE THAN EVER *EXPERIENCE COUNTS*



What is really happening in the  
real estate market today may not be  
what you think!

We remain dedicated to the  
Lakes on Eldridge  
communities and to achieving the  
highest price possible for our clients.

***Our marketing techniques reach a  
world of buyers.***

*When you are ready to sell your home .....  
For world class service, please contact:*

**Clive and Nancy Gardner**

**Lakes on Eldridge Resident Realtors®**

**Clive: 281-460-3168**

**clive@garygreene.com**

**Nancy: 713-870-3169**

**ngardner@garygreene.com**

*12850 Memorial Drive, Suite 1155, Houston TX 77024*



**Prudential**

**GARY GREENE  
REALTORS®**

# - Kids Stuff -

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



Not Available Online



## Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at

Peel, Inc. - Kids Club

311 Ranch Road 620 S, Suite 200

Lakeway, TX 78734

We will select the top few and post their artwork online at [www.PEELinc.com](http://www.PEELinc.com). DUE: August 31st

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

Name: \_\_\_\_\_ (first name, last initial)      Email Address: \_\_\_\_\_      Age: \_\_\_\_\_

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

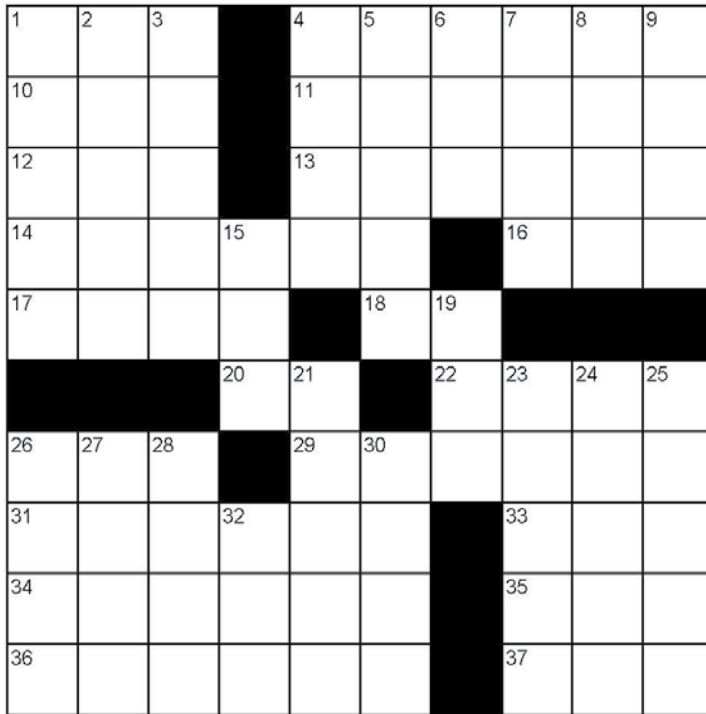


LN



# Lakes on Eldridge North

## Crossword Puzzle



### ACROSS

1. Belong
4. Elevator alternative
10. Fire remains
11. Short guy, hairy feet
12. Manipulate
13. Indoor
14. Coaxing
16. Condensation
17. Adolescent
18. South Carolina (abbr.)
20. New Jersey (abbr.)
22. Hornet
26. Rock
29. Loves
31. Demonstrate
33. Government agency
34. Subordinate
35. Cause of sickness
36. Elapse (2 wds.)
37. Surface to air missile

### DOWN

1. Finds \_ -
2. Make available
3. Not here
4. Tibia
5. Fire iron
6. Abdominal muscles (abbr.)
7. As previously cited
8. Cycle
9. Soup
15. Hotel
19. Cash with order (abr.)
21. Rachel's husband
23. Regions
24. Reddish brown
25. Sacred song
26. Pearls
27. Vile
28. Brief
30. Refuse to believe
32. Pinch

\*Solution at [www.PEELinc.com](http://www.PEELinc.com) © 2007, Feature Exchange

HELP YOUR  
BUSINESS GROW

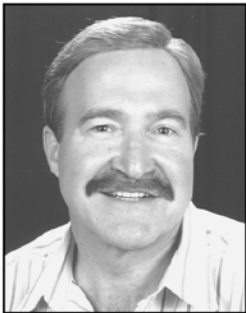


ADVERTISE HERE

888-687-6444 • [www.PEELinc.com](http://www.PEELinc.com)

NO MATTER THE SIZE OF YOUR BUSINESS, WE'VE GOT ROOM FOR YOU!

## **YOUR LAKES ON ELDRIDGE NEIGHBOR ASK ABOUT MY GUARANTEED ADVERTISING PLAN!**



# **STEVE HARDCASTLE**



## **RE/MAX Westside Realtors 281-925-3047**

- **RE/MAX Westside #1 TOP PRODUCER for 20 years in a row!! (1989 - 2008)**
- **Top 25 Residential Realtors in Houston Area - out of 20,000 HAR members (Per Houston Business Journal)**
- **Certified Residential Specialist  
(Designation held by only 4% of all Realtors)**
- **RE/MAX Hall of Fame & Lifetime Achievement Award**
- **Broker License, BBA, Relocation Expert,  
28 Years of Real Estate Experience**

**[www.stevehardcastle.com](http://www.stevehardcastle.com)  
email: [stevehardcastle@earthlink.net](mailto:stevehardcastle@earthlink.net)**