

Volume 8, Issue 10

October 2009

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# **IMPORTANT NUMBERS**

Gate Attendant	
Harris Co. Sheriff - (non-emergency)	
Cy-Fair Fire Department - (emergency)	
(non-emergency)281-550-6663	
Poison Control1-800-764-7661	
Texas DPS713-681-1761	
Waste Management713-695-4055	
(trash collection Mondays & Thursdays)	
Aqua Services	
(Service or emergencies 24 hrs) 713-983-3604	
Harris County Tax Office713-224-1919	
Reliant Energy 713-207-7777	
(give pole # of street which is out)	
Entex (gas)	
Time Warner Cable713-462-9000	
Houston Chronicle	
Metro Transit Info713-635-4000	
Kirk Elementary 713-849-8250	
Truitt Middle School	
Cy-Falls High School	
Newsletter Publisher	
Peel, Incadvertising@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

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.

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 for information on advertising.

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# **LOEN Board Of Directors**

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# **Article Submissions**

Please e-mail articles and/or photos to <u>articles@PEFLinc.com</u>. Submissions must be received by the 15th of the month for the following month's issue. (Advertising deadline is the 10th of the month.)

> For up-to-date announcements and information check our neighborhood website: <u>WWW.LOENHOA.COM</u>



# A Winning Combination!

### Houston's Skyline, One of the Most Stunning in the World

ForbesTraveler.com recently cited Houston as having one of the greatest urban silhouettes in the world. It joins such "instantly recognizable" landscapes as Sydney, Dubai, Paris and Hong Kong.

Lakes on Eldridge, one of the Top Ten searched Subdivisions Reported on Houston Association of Realtors' Website, www.har.com.

Heritage Texas Properties Participates in the Sale of More Homes than any other independently owned residential real estate company featured on Houston Business Journal's list ranking companies based on the number of transaction sides of closed sales, and 2008 was no exception.

\* Houston Business Journal, Week of June 19-25, 2009.

Ann Knoche, a Top Listing Agent in Lakes on Eldridge Communities Year after year, Ann Knoche has ranked amongst the Top Ten Agents with Heritage Texas Properties out of over 300 agents associated with them.

# ANN KNOCHE ASP, CRB, CLHMS 281.582.3911

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**TEXAS**\***PROPERTIES** 



Lakes on Eldridge second annual Oktoberfest is quickly approaching! The Lakes on Eldridge social committee is excited to bring Houston's own Saint Arnold Brewery to Lakes on Eldridge for a beer tasting again this fall. Last year this event was a huge success and we are looking forward to a great turnout. "Oktoberfest" will be held at the Beach Club, Friday, November 6th at 7:30 P.M. Yes, we know it is November but Novemberfest doesn't have the same ring to it. Mark your calendars and tell your neighbors; you won't want to miss this event. Admission will be \$3 which will get you a souvenir Saint Arnold tasting glass from which you will be able to sample 6 beers which include their 5 regular beers as well as a seasonal offering. A representative from the brewery will discuss what we are tasting and tell you more about their company. Non-alcoholic refreshments and snacks will also be available.

#### <u>We will taste:</u>

- Amber Ale A well-balanced, full flavored, amber ale. It has a rich malty body with a pleasant caramel character.
- Brown Ale A beautiful, deep copper brown ale. It has a full, malty body with hints of chocolate, a touch of sweetness and a light hop flavor.
- Texas Wheat A refreshing, flavorful filtered wheat beer. The perfect beer to accompany a meal or for a summer's day. The wheat contributes a lighter flavor while maintaining a rich body.
- Fancy Lawnmower A true German-style Kolsch. Originally brewed in Cologne, this beer is light yet has a sweet malty body that is balanced by a complex, citrus hop character.
- Elissa IPA A traditional India Pale Ale, the Elissa IPA is very hoppy with a properly balanced malty body.
- Oktoberfest A full bodied malty, slightly sweet beer celebrating the autumn harvest. This rich beer has a round malt flavor and an above average alcohol content perfect for a cool fall evening.

### Not familiar with Saint Arnold?

"Saint Arnold was born to a prominent Austrian family in 580 in the Chateau of Lay-Saint-Christophe in the old French diocese of Toul, north of Nancy. He married Doda with whom he had many sons, two of whom were to become famous: Clodulphe, later called Saint Cloud, and Ansegis who married Begga, daughter of Pepin de Landen. Ansegis and Begga are the great-great grandparents of Charlemagne, and as such, Saint Arnold is the oldest known ancestor of the Carolingian dynasty.

Saint Arnold was acclaimed bishop of Metz, France, in 612 and spent his holy life warning peasants about the dangers of drinking water. Beer was safe, and "from man's sweat and God's love, beer came into the world." The people revered Arnold. In 627, Saint Arnold retired to a monastery near Remiremont, France, where he died on August 16, 640.

In 641 the citizens of Metz requested that Saint Arnold's body be exhumed and ceremoniously carried to Metz for reburial in their Church of the Holy Apostles. During this voyage a miracle came to pass in the town of Champignuelles. The tired porters and followers stopped for a rest and walked into a tavern for a drink of their favorite beverage. Regretfully, there was only one mug of beer to be shared, but that mug never ran dry and all of the thirsty pilgrims were satisfied.

Saint Arnold is recognized by the Catholic Church as the patron Saint of Brewers.

The local brewery brews ten different beers. Five are made year round and five are seasonal. they are available in bars, restaurants, grocery stores, liquor stores and warehouse stores in Houston, Austin, Dallas, Ft. Worth and San Antonio.

Their first keg of beer was shipped on June 9, 1994. Founded by Brock Wagner and Kevin Bartol, they chose Houston because, other than living here, this was the largest city in the country that did not have a microbrewery. Brock was a longtime home brewer and had considered opening a brewery as far back as college, although that was quickly dismissed as a silly idea. Seven years after graduating, Brock revisited the idea, enlisted Kevin's help and the brewery was off and running." Reprinted from www.saintarnold.com.

So get prepared and sample a few beers before LOE's own Oktoberfest. For more details on Saint Arnold Brewery visit their website: www.saintarnold.com.

We are looking forward to seeing you there. It is a great chance to have some fun and get out and meet your neighbors and support a local business. For more details or to RSVP please contact Melissa at 281-639-9287 or melissa@melissahunzeker.com. September 22nd . . .

Autumn arrives

And not a day too soon for some. As summer slowly draws to a close, so does the window for taking advantage of the \$8,000 First Time Home Buyer Tax Credit and those low interest rates. If you know someone who has been leasing or perhaps your adult children who would benefit, please call or e-mail me. Dedication Integrity Energy & Resourceful



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# Lakes on Eldridge North

## THEFTS AND VEHICLE BREAK-INS

Lakes on Eldridge is a safe and pleasant place to live, but a theft was recently reported. Here are important suggestions to prevent this from happening to you:

- 1. Park your cars in the garage and keep the door closed. A car parked on the curb attracts thieves.
- 2. If you can provide exterior lighting to your home, do so. Thieves work in shadows, so the fewer the shadows, the less safe haven they have in which to work.
- 3. Never leave any valuables in your car. Remove all of them.
- 4. ALWAYS lock your car.
- 5. If you see or hear anything suspicious, call the police first and then the gate attendant.



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**References Available • Fully Insured NO PAYMENT UNTIL COMPLETION** bashanspainting@earthlink.net

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# Get Ready for Windows 7 For Lovers of XP and Haters of Vista Submitted by Laurie Scott

Users of Microsoft Windows have been waiting a long time for a great upgrade from Windows XP. Well, I have good news - Windows 7 is coming.

On October 22nd, the successor to the less than popular Windows Vista will begin to ship with new PC's and be available in stores and online. If you bought a new PC with Vista Home Premium installed in the last 3 months, you're probably going to get a free upgrade disk from the manufacturer.

Should you upgrade your current PC? There are some very compelling reasons to do so. In almost every area Windows 7 outperforms Vista and even XP in the time it takes to install, copy files on the hard drive or move files over a network. It also doesn't need quite as much memory to run well. It has MUCH better security than XP and is less annoying than Vista. Vista users know about the constant pop-ups of the UAC (User Account Control) every time you make the slightest change to the system, encouraging many to disable it altogether. Windows 7 has modified it so that it can be adjusted to be less intrusive while still protecting you from unwanted program installations. This makes it much easier to run as a regular user rather than an administrator (an almost impossible task in XP), providing better protection from viruses and trojans.

The Media Center provides support for playing Blu-Ray discs (if you have a drive that can play them), and the Home Group feature makes sharing files and printers between computer really simple.

Windows Live is a separate but I think important product from Microsoft that works well with Windows 7. It's a set of free online products that features SkyDrive, offering 25 gigabytes of online storage, and Family Safety, that in conjunction with your Windows user accounts provides access control to web content, and provides

activity reports as well as administrator access (i.e. the parent) from any computer, anywhere.

The Professional version of Windows 7 includes the ability to run Windows XP as a "Virtual Machine" in a window, so if you have programs that need XP to run, you can run them in the virtual machine while continuing to run everything else in the Windows 7 environment (I know, that was geeky and your eyes probably started to glaze over, but it's a great feature none the less.)

System requirements for Windows 7 are a 1GHz or faster processor and at least 1GB of memory. You can perform a check of your computer by downloading the Windows 7 Upgrade Advisor from microsoft.com. The upgrade for Windows 7 Home Premium will be \$119, but Microsoft will also be making a "Family Pack" available, giving you 3 licenses for \$149.

I've been using Windows 7 since the Beta version was released in January, having it on 3 systems without problems, including 2 desktops and 1 laptop. The interface is much

cleaner with lots of great small features too numerous to list here. So if you're ready for a new computer, but it's not presently in your budget, consider upgrading your current computer to Windows 7. The only regret you'll have is that it took Microsoft so

long to finally get it right.



# Lakes on Eldridge North PINE BARK BEETLES

If you see what looks like drill holes with "saw dust" on the trunks of your pine trees, you have beetles (see the picture). You can purchase a product for treatment at your local hardware store, home center or nursery store. The product is "permethrin". It should be applied 6 to 8 feet up the trunk of the tree.

Pine trees in our common areas are being treated. A treatment has also been made for ants, and a pre-emergent to reduce weeds this winter and next spring.



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# **GIRL SCOUTS**

There is still time to sign up for Girl Scout Troops that serve our community. Our neighborhood troops serve our local public schools as well as the various area private schools. For more information, contact Linda Jordan 713-896-7680 or ljordan1219@comcast.net and see what all the fun is about!

Girl Scouting builds girls of courage, confidence and character that make the world a better place.

# Fall Into Fitness 5k/1k Fun Run

Please join The Branch School's Parents Association for our first annual Fall Into Fitness fun run/walk Sunday November 15, 2009 from 7am-9am at Bear Creek Park. There will be a stroller/kid 1k walk as well as a 5k walk/run for adults and older children. Help us raise money for education while having fun and promoting the benefits of exercise. All participants registered by November 1st will receive a t-shirt and goodie bag! Come join in on the food and fun, and bring the family! To register or get more information check out our link at www.thebranchschool.org or email pa@thebranchschool. org.



(Clay exit either <u>way)</u>

### **NEW Cypress, TX NSCAR** Society Organizing

The Children of the American Revolution is the oldest and largest Patriotic Youth Organization. Currently, a new CAR Society is organizing in Cypress, Texas. Membership is open to any child under the age of 21 who is lineally descended from someone who provided aid for the cause of freedom in the American Revolution or who served in the Continental Army.

The new CAR Society is proudly sponsored by the Robert Rankin Chapter, NSSAR and the Organizing Cypress, Texas Chapter, NSDAR.

For more information, please visit www.nscar.org or contact Melinda Sims, Organizing Senior Society President, at 281-856-2536 or email -- melinda@mazzaroth. net.

# **New Cell Phone Law**

THE LAST SESSION OF THE TEXAS LEGISLATURE PASSED A NEW LAW MAKING IT ILLEGAL TO USE YOUR CELL PHONE IN A SCHOOL ZONE. THE EXCEPTIONS ARE:

- if you are using a hands free device
- if your vehicle is stopped
- if you are calling 911 for an emergency.

The law took effect September 1, 2009. Soon you can expect to see new signage in school zones reminding drivers to hang up or face a fine of up to \$200.

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## Extraordinary SERVICE. Extraordinary RESULTS.



Texas Early Childhood Intervention (ECI) provides early intervention and therapy services for children birth to 36 months. If you have questions about how your baby or toddler is developing-ask ECI! Programs are in every Texas County.

Questions or Concerns? Call ECI of MHMRA Harris County at 713-970-4900 or visit www.dars.state.tx.us/ecis to find out more about ECI and to find your local program. ECI developmental screenings & evaluations are at no cost to families!



### "Adventures in Mothering" at The MET Join the Adventure! Get Connected...with MOPS!

MOPS stands for Mothers of Preschoolers, a program led by mothers themselves and designed for mothers with children ages birth to 5. These mothers all have a shared desire...to be the best mothers they can be!

For more information on meetings in Fairfield, please contact Renate Wheeler at renateqw@yahoo.com. They will meet on the second and fourth Fridays during the school year.



# JOANIE YUST

## YOUR LAKES ON ELDRIDGE NORTH NEIGHBOR & REALTOR

### **2010 Census Cautions**

Be Cautious About Giving Info to Census Workers

With the U.S. Census process beginning, the Better Business Bureau (BBB) advises people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft. The first phase of the 2010 U.S. Census is under way as workers have begun verifying the addresses of households across the country. The big question is - how do you tell the difference between a U.S. Census worker and a con artist? BBB offers the following advice:

\*\* If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home.

\*\* Census workers are currently only knocking on doors to verify address information. Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it. The Census Bureau will not ask for Social Security, bank account, or credit card numbers nor solicit donations.

\*\*Eventually, Census workers may contact you by telephone, mail, or in person at home. However, they will not contact you by email, so be on the lookout for email scams impersonating the Census.

Never click on a link or open any attachments in an email that are supposedly from the U.S. Census Bureau.

For more advice on avoiding identity theft and fraud, visit www.bbb.org.

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# FROM THE AMERICAN COUNCIL ON EXERCISE®

# THE BEST TIME TO EXERCISE

Contrary to popular belief, women aren't the only ones with biological clocks. We all have them, and heed their ticking on a daily basis. If you are a regular exerciser, you may have already determined your most productive time to exercise and follow a routine that works best for you. On the other hand, if your exercise time varies from day to day, and it's wearing you out instead of pumping you up, you may be interested in the work of scientists who are studying the proverbial internal clock and how to best determine what time of day you should schedule your workouts.

#### RHYTHM: IT'S NOT JUST FOR DANCING

The secret appears to lie in circadian rhythms, the daily cycles that our bodies follow. These rhythms originate in the hypothalamus and regulate everything from body temperature and metabolism to blood pressure. The rhythms result from the firing rate of neurons. They have conformed to our 24-hour light-todark cycle, and may be regulated and reregulated each day according to the environment.

#### WARM IS BETTER

It is the influence of circadian rhythms on body temperature that seems to yield the most control over the quality of a workout. When body temperature is at its highest, your workouts will likely be more productive; when your temperature is low, chances are your exercise session may be less than optimal. Body temperature is at its lowest about one to three hours before before most of

us wake up in the morning, in contrast to late afternoon when body temperature reaches its peak. (To determine your own circadian peak, refer to the box to the right.) Studies have consistently shown that exercise during these late-in-theday hours produces better performance and more power. Muscles are warm and more flexible, perceived exertion is low, reaction time is quicker, strength is at its peak, and resting heart rate and blood pressure are low.

#### DON'T FIX IT IF IT'S NOT BROKEN

First of all, don't change your schedule if you feel good beginning your day with exercise. Everyone agrees that exercise at any time is better than no exercise at all. In fact, people who exercise in the morning are more successful at making it a habit. And though it has been suggested that morning exercise may put some people at higher risk for heart attack, further research indicates that there is simply a generalized increased risk of heart attacks in the morning. If your schedule favors an early workout, emphasize stretching and a good warm-up to insure that your body is ready for action.

#### **OTHER CONSIDERATIONS**

If stress relief is your goal, exercise always works, all the time. And if you're wondering when it's best to train for an upcoming event, it all depends on what time you'll actually be competing. If an upcoming marathon begins at 7:00 a.m., try training at that time of day. Though training at any time of day will raise performance levels, research has shown that the ability to maintain sustained



### Find Your Peak

To determine your own circadian peak in body temperature, record your temperature every couple of hours for five to six consecutive days. Body temperature usually fluctuates by plus or minus 1.5 degrees throughout the day. Try exercising during the period three hours before and after your highest temperature. If you are an early bird or a night owl, you may notice that your temperature peaks one to two hours before or after the norm (between 4 p.m. and 6 p.m.); you can adjust your exercise time accordingly.

exercise is adaptive to circadian rhythms. In other words, consistently training in the morning will allow you to sustain exercise during a morning marathon longer than if you train in the evening.





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- 7. Measure temperature differences-Supply/Return
- 8. Test blower capacitor
- 9. Check thermostat for accuracy
- 10.Inspect for combustible material around furnace
- 11.Brush clean and vacuum burners
- 12.Brush clean and vacuum heat exchanger
- 13.Test furnace flame for proper burn
- 14.Clean existing filters as needed
- 15.Measure and adjust gas pressure for peak efficiency
- 16.Lubricate all moving parts, per manufacturer
- 17.Measure amperage and voltage of blower Motor
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- 21.Clean furnace exterior
- 22.Inspect inducer assembly for operation and Leaks

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### November 21st & 22nd at Trader's Village

Accepting Donations Until Thursday, November 19th.



Items can be dropped off at Jersey Village Baptist Church parking lot corner of Rio Grande and Jersey Drive across from the fire station at the following times:

### OCTOBER

Tuesday	10/20/09	6:00 p.m. – 8:00 p.m.
Thursday	10/22/09	6:00 p.m. – 8:00 p.m.
Tuesday	10/27/09	6:00 p.m. – 8:00 p.m.
Thursday	10/29/09	6:00 p.m. – 8:00 p.m.
	NOVEMB	ER
Tuesday	11/03/09	6:00 p.m. – 8:00 p.m.
Thursday	11/05/09	6:00 p.m. – 8:00 p.m.
Tuesday	11/10/09	6:00 p.m. – 8:00 p.m.
Thursday	11/12/09	6:00 p.m. – 8:00 p.m.
Saturday	11/14/09	10:00 a.m. – Noon
Sunday	11/15/09	10:00 a.m. – Noon
Mon - Thurs	11-19/09	6:00 – 8:00 p.m.
To domate i	toms at other tim	as on if you have any

# To donate items at other times or if you have any questions please contact:

Rhonda Coolures	713.256.1811
Joe Bontke	713.907.2855

### Lone Star College-CyFair "Perspective"

### FALL FUN IN THE GALLERY AND ON STAGE

The Bosque Gallery's Fall Invitational Exhibition features the print and mixed media work of Houston area artist Humberto Saenz Oct. 8 through Oct. 29 with a reception Oct. 8. Go to LoneStar. edu/bosquegallery for hours and information. Also coming up in October in the Main Stage Theatre are a theatre co-production with Houston Family Arts Center "Crowns" set Oct. 8 through Oct. 18 and a Jazz Ensemble event "Jazz HotNCool" set Oct. 23. For tickets and information call 281-290-52010r go to LoneStar.edu/boxoffice. Enjoy LSC-CyFair Reader's Theatre fall production of "Oedipus" set Oct. 13 and Oct. 14. For information, go to LoneStar.edu.

### FIFTH ANNUAL CY-FEST SET OCT. 10

Lone Star College-CyFair will host Cy-Fest, the fifth annual community day for all ages in the Cy-Fair community, Saturday, Oct. 10 from 10 a.m. to 2 p.m. on the Barker Cypress campus at 9191 Barker Cypress Road. Cy-Fest, the college's gift to the community, is a day of free food, festivities and family fun! There are games, entertainment, face painting, hayrides, moonwalks, a petting zoo and more. To help celebrate the five-year anniversary, Radio Disney will also be on site. For information go online to LoneStar.edu.

### DON'T MISS THIS OCT. 30 TRICK-OR-TREAT ALTERNATIVE

The annual Lone Star College-Fairbanks Center Fall Festival is set at 6 p.m. Friday, Oct. 30. This event offers a safe trick-or-treat alternative for children and families as well as promotes activities that represent the diversity of different cultures in the community. Wear a tasteful costume and enjoy a free, fun family evening of games, prizes and food. For information, call 832-782-5000.

### TEENS DRIVER'S EDUCATION AVAILABLE THIS FALL

Fall driver's education courses for teen's ages 15 to 18 are available at Mondays through Thursdays at 6 p.m. Oct. 12 through Nov. 5 and Nov. 9 through Dec. 7(except Thanksgiving holiday Nov. 26). The in-classroom (permit) driver's education course covers road rules, road signs, and laws to prepare the teens for the Department of Public Safety's written exam. Other topics are car maintenance, effects of drugs and alcohol, laws and penalties for drinking and driving, emergency situations, basic driving procedures, road rage, and insurance. Parents are responsible for the in-car instruction. Students are required to purchase the Texas Traffic Safety Education Student Manual, which is available at the campus bookstore. Call 281-290-5242 for information.

# 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...

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# Lakes on Eldridge North CY-FAIR KIWANIS CLUB WANTED! A few good golf teams!

Women and men who bring their own team of players or singles who will be pared with other singles who want to play needed to participate in the Florida Scramble Golf Tournament. The date of this annual Kiwanis golf tournament is Thursday, October 22 with a 1:00 pm shotgun start. Registration begins at 11:30 am at Cypress Lakes Golf Course, "Home of the best greens in southeast Texas," followed by a putting contest at 12:00 pm. Contributions of \$100 per player or \$150 hole sponsor are welcome. All profits from the tournament will be used to sponsor youth in our community through service projects such as Key Clubs, boy and girl scout troops, scholarships, HOBY,etc. For further information, call Steve Caton at 713-985-3440 or see the entry form in this paper.

The Cy-Fair Kiwanis Club meets three times a month at the Hearthstone Country Club in Hearthstone from 12:15 p.m. to 1:15 p.m. for lunch, and programs including guest speakers on subjects of concern to the community and individuals. We invite you to a complimentary lunch, fellowship with our members, an informative program, and an opportunity to learn more about our organization.

Reservations are not required. The Club will meet on September 1, 15, and 22. Notice that there is no meeting on the second Tuesday because of the Labor Day holiday.

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.

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### Kiwanis Club of Cy-Fair – Houston

24th Annual Charity Golf Tournament Thursday Oct. 22, 2009 - Cypress Lakes Golf Club (18700 Cypresswood Drive - 281-304-8515)

Florida Scramble – Four Players per team Registration 11:30 am Putting Contest 12:00pm Shotgun Start at 1:00pm

\$100 per Player • \$150 Hole Sponsor Golf Sponsors: Dinner Sponsor Recognition + 4 Players (\$1000)

Hole in One Contest Special Prizes • Door Prizes • Silent Auction • Refreshments Awards after Play • Dinner by Demeris BBQ

SIGN-UP AS A TEAM OR AS AN INDIVIDUAL

We'll pair you up ...

Handicap

Name

Player #1 \_\_\_\_\_

Player #2 \_\_\_\_\_

Player #3

Player #4 \_\_\_\_\_

Please make checks payable to: KIWANIS c/o Steve Caton, 143 Plantation, Houston, TX 77024 Kiwanis is a 501(c)3, non-profit organization. FMV is \$50pp. FOR INFORMATION, PLEASE CALL STEVE CATON AT 713-985-3440

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> **290 LOCATION:** Mon-Fri 8am-5pm

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Huong T Le, MD Quoc Le, MD Alex Nguyen, MD Blandina Sison, MD Anthony Yee-Young, MD Diana Malone, MD Shital Patel, MD Heidi Nashed, MD Luz Marquez, MD Jennifer Dong, MD Asma Ahmed , MD Vu Anh Phung, MD Annie Hoang, MD Tami Berckenhoff, PA-C Brandi Valenzuela, PA-C Sydney Payne, PA-C providing quality care for the entire family

### 1960 Family Practice Is Pleased To Introduce Our Newest Physicians



Dr. Vu Phung joined 1960 Family Practice in July 2009. Dr. Phung graduated from Texas Tech University and is board certified in Family Medicine. He completed his residency in Family Practice and in pursuing his special interest; he completed his fellowship in Geriatric Medicine. Dr Phung welcomes patients of all ages to his practice.



Dr. Annie Hoang joined our practice in August of 2009. She graduated from Texas A & M University and finished her training in Family Practice at Texas Tech University. She is board certified in Family Medicine and has been providing comprehensive care for adults and children with compassion and kindness for the past 10 years. She welcomes all new patients to her practice.

### Annu

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# & Urgent Care Center

mily 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

spon carring dedication service compassion carring ervice compassion carring dedication service comp ing dedication service compassion carring dedication compassion carring dedication dedication mass' **A960 EXAMPLE PRACTICE Detaber is all about pink**. **I D.O. OFF** Wall Voman Exam or Physical Exam

# The physicians of 1960 Family Practice follow the recommendations of the American Cancer Society for a healthy life style.

**tal Physical** - A physical is the ation of the body and its functions. Is a physical you will also have your sterol, diabetes, and blood pressure ated. Individuals should have a cal examination once a year.

Well Woman Exam - This is a comprehensive gynecologic and obstetric evaluation. Including the evaluation of the cervical epithelial cells for abnormalities that could cause cancer. Women of child bearing age should have a well woman exam once a year. **Mammograms** - 1960 Digital Imaging offers Digital Mammograms. Women should have a baseline mammogram beginning at age 35. Mammograms are recommended every 2 years through age 45. Women over the age of 45, should have a mammogram every year.

### n't get caught rith the flu!!

ason starts in October and ontinue well into spring!! et Your Flu Shots Now!

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# **Texas Events - October**

9—HOUSTON: Bats on the Bayou Ninetyminute guided tour features Houston's colony of Mexican Free-Tailed bats. Meet at Allen's Landing. www.buffalobayou.org 713/752-0314 ext. 4

9-10—PALACIOS: Bayfest Includes music, barbecue cook-off, arts & crafts booths, petting zoo, children's games, dog costume contest, Pedal Palacios bike ride, motorcycle rally and more. South Bay Park. E-mail: palcoc@tisd.net 361/972-2615

9-11—ROCKPORT: 35th Rockport Seafair Enjoy crab races, entertainment, seafood entrees, seafood demonstrations with sampling, Saturday's parade, gumbo cookoff, arts & crafts show, and cardboard boat race. Navigation District Festival Grounds, Rockport Harbor. www.rockportseafair.com 361/729-6445 or 800/242-0071

9-17—ANGLETON: Brazoria County Fair Includes livestock exhibitions and auctions, CPRA rodeo finals, carnival, exhibits, canning, barbecue cook-off and more. Brazoria County Fair Grounds. www.bcfa. org 979/849-6416

10—BAYTOWN: Nurture Nature Fest Birding tours of the nature center will be offered. Kids can enjoy Watering Hole Golf, fossil dig, rock wall, inflatables and live animals. Baytown Nature Center. www. baytown.org 281/420-7128

10—BEAUMONT: Flamin' Hot Car Show & Pancakes on the Plaza Includes kids games and entertainment. Fire Museum of Texas. www.firemuseumoftexas.org 409/880-3927

10—BEAUMONT: Souls Fest — Paranormal Convention/Conference Brings guest speakers from across the country and internationally. Includes vendors. Julie Rogers Theatre. www.soulsparanormal.com 409/422-0003

10—CORPUS CHRISTI: Corpus Christi Symphony Orchestra Begins at 8 p.m. Texas A&M University — Corpus Christi. www. ccsymphony.org 361/833

10—GALVESTON: Sweet Honey in the Rock — She Rocks! Begins at 8 p.m. The Grand 1894 Opera House. www.thegrand. com 800/821-1894

10—LA PORTE: Fall Back Festival -Includes music and entertainment, costume contest, sidewalk chalk art contest, inflatable movie screen, games and more. Enjoy events that were popular in the 1920s, such as a pieeating contest, dunking booth, bubble-gum blowing contest and Mahjong Tournament. Main Street in La Porte. E-mail: osbornes@ laportetx.gov www.fallbackfestival.com 281/470-5017

10—LA PORTE: U.S.S. TEXAS Crewmember Reunion Memorial service honoring fallen shipmates begins at 10 a.m. Battleship Texas State Historic Site. www. tpwd.state.tx.us 281/479-2431

10—MATAGORDA: Heritage Day Includes a parade and vendors. Begins at 9 a.m. 979/863-7521 or 979/240-4208

10—PORT ARTHUR: CavOILcade Parade & Youth Fishing Tourney Celebrates the local oil industry. Downtown Port Arthur. CavOILcade Coronation is Oct. 3 at Memorial High School. 409/983-1009 or 409/983-4034

10—PORT ISABEL: Port Isabel Lighthouse Heritage & Arts Festival Mexicana! Features booths with jewelry, antiques, arts & crafts, information and more. Live music occurs along with dancing, poetry readings and other entertainment. Port Isabel Lighthouse. www.portisabelmuseums.com/lah-festival 956/943-7602

10—SARGENT: Kayak Fun Fete Enjoy a fun paddle down Caney Creek. Kayakers obtain pledges for their participation. An auction follows the fun paddle. 979/245-4444

10-11—ANAHUAC: 2009 Lyondell Basell Bike Around the Bay — The Ride for Recovery Begins in Anahuac and ends in Baytown with the route including Galveston, Texas City, Bacliff, Kemah, Seabrook and La Porte. www.bikearoundthebay.org 281/332-3381

10-11—HOUSTON: Bayou City Art Festival Downtown Features fine art, multicultural music and dance, interactive art and more. Houston's City Hall, Hermann Square, Sam Houston Park and other venues. www.bayoucityartfestival.com 713/521-0133

10-11—HOUSTON: Second Annual Shrimp Festival Offers two days of food, music and more. The French Quarter Market & Grill will serve up boiled shrimp, grilled shrimp, fried shrimp, shrimp gumbo and more. Traders Village. www.tradersvillage. com 281/890-5500

14-Jan. 10—CORPUS CHRISTI: Inside Peanuts: The Life & Art of Charles M. Schulz Exhibition contains reproduction comic strips and preliminary sketches. Art Museum of South Texas. www. ArtMuseumOfSouthTexas.org 361/825-3500

15-GALVESTON: Peter & the Wolf

(Continued on Page 26)



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Lakes on Eldridge North - October 2009 25

### Texas Events - (Continued from Page 25)

Childsplay presents an exciting new production of an old favorite. The Grand 1894 Opera House. www.thegrand.com 800/821-1894

15—HARLINGEN: Taste of Harlingen Area restaurants showcase their culinary expertise. www.harlingenmuseum.com 956/216-4901

15-18—HOUSTON: International Quilt Festival The world's largest quilt show, sale and quilt making academy. George R. Brown Convention Center, 1001 Avenida de las Americas. www.quilts.com 713/853-8089

15-18, 29-31—GALVESTON: Galveston's Haunted Harbor Experience Enjoy an eerie hour of haunted history aboard the Seagull II. Pier 21. www.galvestonhistory.org 409/763-1877 or 409/765-8687

16—GALVESTON: Cherryholmes Begins at 8 p.m. The Grand 1894 Opera House. www.thegrand.com 800/821-1894

16—VICTORIA: Country Opry Begins at 7 p.m. Jaycee Hall. 361/552-9347

16-17—NEEDVILLE: Harvest Festival Enjoy a barbecue cook-off, talent show, Little Miss and Mr., queen contest, carnival, music, craft and food booths, and dance. Harvest Park. E-mail: Lnet@ consolidated.net 979/793-4030

16-18—BEAUMONT: Heritage Village Harvest Festival Includes pioneer demonstrations, music, dancing, food, artisans, Civil War Confederate camp and much more. www.heritage-village.org 409/283-2272

16-18—CORPUS CHRISTI: Texas Jazz Festival Enjoy 54 performances. Includes food, family environment and vendors. Heritage Park. www.texasjazz-fest.org 361/881-1296

16-18—HOUSTON: Festa Italiana Offers entertainment, grape stomp, pasta-eating contest, Italian-American Idol and the I Madonnari High School sidewalk chalk art competition. www. HoustonItalianFestival.com 713/524-4222

16-18—SOUTH PADRE ISLAND: Sandcastle Days Master and amateur sand sculpture competitions are held for all ages and groups. Includes arts and crafts vendors. Isla Blanca Park. www. sandcastledays.com 956/761-6433

16-18—VICTORIA: Gem & Mineral Show Community Center. 361/575-5350

17—CORPUS CHRISTI: South Texas Wine & Herb Festival Features seminars, demonstrations, wine tastings and Texas seafood cooking demonstrations. Also, find vendors with potted herbs and other herb- or wine-related items. South Texas Botanical Gardens & Nature Center. www.stxbot.org 361/852-2100

(Continued on Page 27)





#### **Texas Events -** (Continued from Page 26)

17—HOUSTON: Annual Judy Dierker Holiday Market & Tea Room Features more than 100 vendors offering handcrafted items, gourmet baked goods, children's toys, and more. The Foundry United Methodist Church. www.foundrychurch.org 713/937-9388

17—HOUSTON: Birding Walk & Talk Begins at 8:30 a.m. Sheldon Lake State Park. 281/456-2800

17—HOUSTON: Fairfield Fall Garage Sale Fairfield started its own garage sale because private garage sales were not allowed in their community. Hours are 7 a.m. to 4 p.m. Traders Village. www. tradersvillage.com 281/890-5500

17—HUMBLE: Community Garage Sale Features more than 30 garage-sale booths. 8301 Will Clayton Parkway. www.humblecc. com 281/446-4140

17—LA PORTE: Hard Hat Tour Participants see parts of the Battleship Texas rarely seen by the public. Reservations required. www.usstexasbb35.com 281/479-2431 ext. 234

17—LAKE JACKSON: Catch & Release Youth Fishing Anglers must bring their own gear and bait with barbless hooks. Begins at 10 a.m. Sea Center Texas. 979/292-0100

17—LEAGUE CITY: Bluegrass Show Begins at 6:30 p.m. Johnny Arolfo Civic Center. www.bayareabluegrass.org

17—LEAGUE CITY: Eighth Annual South Shore Dockside Food & Wine Festival Features distinctive cuisine, wine tastings, culinary demonstrations, high performance boat and luxury car displays, artwork, music, upscale vendors and more. Hours are 11 a.m. to 11 p.m. www.southshorefestival.com 281/338-7339

17—LEAGUE CITY: Space City Cruisers Fall Car Show Walter Hall Park, 807 Hwy. 3. www.spacecitycruisers.com

17—ORANGE: Fall Family Day Hours are 10 a.m. to 2 p.m. Stark Museum of Art. www.starkmuseum.org 409/886-2787

17—PORT NECHES: Trade Day on the Avenue Shop antiques, collectables, vintage and shabby chic decor. Port Neches Avenue. 409/722-4023

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.





# Some tips for the little ghouls and goblins for a fun night:

- 1. Always look both ways when crossing the street!
- 2. Carry a flashlight and walk with a group of friends/family.

- 3. Have an adult check all candy/goodies before eating anything.
- 4. Only go up to homes with their front porch light on.
- 5. Report any suspicious activity to an adult.

Follow these simple tips, along with your parents/ gaurdians rules, and you'll be sure to have a great time on this frightful night!



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## **Prozac, Zoloft or Vitamin D3 Deficient?**

Submitted bv Dr. Tenesha Weine

"Inadequate vitamin D status is an

important public health problem,

which could be readily addressed

by adequate vitamin D intake or

sunlight exposure" (Am J Clin Nutr

1997:66:929-36)

Sick all the time? Sad? Depressed? Low energy? Just don't feel well? Hurt all over? Low motivation? Lack of Focus?

Your body may be deficient in anti-depressants, highly unlikely, or you may be deficient in vitamin D3.

"Inadequate vitamin D status is an important public health problem, which could be readily addressed by adequate vitamin D intake or sunlight exposure" (Am J Clin Nutr 1997:66:929-36)

There is an epidemic of depression in the country. Can we all be depressed? Probably not. Studies have shown that vitamin D deficiency can cause low mood and moderate depression like symptoms. Think about how depressed people in colder climates become in the winter months. Indoor tanning has become a huge industry in the Northern and Midwest states because it makes people "feel good."

We need Vitamin D, specifically in the D3 form for multiple normal functions of the body such as:

- Normal Thyroid Function
- Normal bone and cartilage mineralization
- To absorb and maintain Calcium levels
- Normal Blood Clotting
- Normal Heart Action
- Healthy skin integrity

Vitamin D3 can be considered both a vitamin and a hormone due to where it is produced and released. Therapeutic doses of Vitamin D can help prevent such conditions as:

- Polycystic Ovary Syndrome
- Peripheral Neuropathy

• Lupus (SLE)

• Depression

• Fibromyalgia

• Autoimmune Disorders

"The significant role of Vitamin D compounds as selective immunosuppressants is illustrated by their ability to either prevent or markedly suppress animal models of autoimmune disease". (FASEB J 2001 Dec:15(14):2579-85).

In Norway there is a high incidence of MS, an autoimmune disorder, inland. But a low to zero incidence on the coast. This could be explained by the abundance of vitamin D-rich fish on the coast and the native consumption if it. Coincidence? In Switzerland, there is a high incidence of MS at low elevation, but a low incidence at high elevation. Coincidence that in low elevation the sun exposure is close to zero?

> With the fear of skin cancer and wrinkles we are in the sun less and less these days. And when we are, we a lathered up with chemical based-toxin containing sun screen, blocking vitamin D absorption.

So, how do we achieve normal and/or therapeutic levels of Vitamin D3? Let's start with nature. Spend 15 minutes in the sun 2-3 times per week without a sun block.

As we said, low light climates can dampen Vitamin D levels. This emphasizes an important point: optimal functioning of the skin, liver, and kidney are necessary for metabolism efficiency.

Unable to swing that? Try adding it to your diet through foods high in vitamin D such as organic egg yolks, fish and liver. You will need to eat 3 to 4 servings of each per week to achieve the needed 400-600 IU per day. Most of us don't eat, nor want to eat the foods rich in D so supplementation of D3 can be used.

Supplementation is absolutely needed when treating conditions present from depletion. But be careful where your vitamin D supplement is coming from. Unfortunately, like in anything else, you get what you pay for. Most over the counter products are in such low doses and poor content you won't absorb it well enough to feel a difference. The D3 we carry in the office is the highest quality and purest form on the market.

So, eat more fish - play in the sun - take your Vitamin D3 and feel good!

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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 Bulging Discs
- Degenerative disc disease Failed Back Surgery

Facet Syndrome

**Pain Free** 

in 4-6 weeks

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

### **How Does IDD Therapy Work?**

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

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

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



Compressed discs put pressure on nerves, causing pain



IDD therapy lifts pressure from nerves, relieving pain naturally

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Dr. Scott Payne and Dr. Gina Zummo

Sciatic Leg Pain

### 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.

6		5	2			9		4
		3				7		
					4			
				9				
		7				2		
			8		6			
7			9	5			1	
9		4		8				2
8	3							7
<i>a</i> . 1	atummu	DEEL.			© 2	007. Fea	ture Exch	ange

\*Solution at www.PEELinc.com

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# David "SUPER DAVE" Flory

Lakes on Eldridge North

Market Report

	ACTIVE*	PENDING*	SOLD Last 6 Months*
# of Listings	21	1	36
Price Range:	344,00 1,099,000	595,000	273,000 680,000
Average Price	\$535,504	\$595,000	\$418,927
Avg price / sq.ft.	\$125.62	\$129.91	\$113,68
Avg DOM	80	21	66
Low Price / sq.ft.			\$86.72
High Price / sq.ft.			\$132.99



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# - Kids Stuff-

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

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Lakes on Eldridge North - October 2009 33

# 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. DUE: October 31st



1	2	3	4			5	6	7	8	ACROSS	DOWN
										1. Syllables used in songs (2 wds.)	) 1. Worship
9		<u> </u>			10		-	<u> </u>		5. Swiss mountains	2. Domain
										9. Waterless	3. In of (instea
11		+	-		12	+	+	+	+	10. Expression	4. Totals (2 wds.)
										11. Unwanted plant	5. Wood chopper
13				14		_	15	_	_	12. Striped animal	6. African country
				14			10			13. Seasickness symptom	7. Tiny skin holes
			16			17	_	_	_	15. Affirmative	8. Hit
			10			17				16. Set loose	10. Rhododendror
				<u> </u>						18. Pups	14. Mystery
18	19	20								21. Epoch	17. School writing
								ç		22. Vapors	18. Spanish coins
21				22			23	24	25	26. Vapor	19. Salaam
										28. Singing voice	20. Encomium
26			27			28				29. Japanese city	23. Pig food
										30. Not mine	24. Decorative nee
29						30				31. In (together)	25. Classify
										32. Skewer	27. American Kenne
31		+				32	+	-	-	1	
		1									







LN







# STEVE HARDCASTLE



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