



LAKES

ON ELDRIDGE
NORTH

Volume 9, Issue 3

March 2010

HOUSTON BALLET STARS DANCE IN THE SUBURBS

HRB presents Sleeping Beauty and Other Tales at the Berry Center



Houston Ballet principal dancers Sara Webb and Connor Walsh will perform as Princess Aurora and Prince Florimond in the timeless tale of *Sleeping Beauty's* Aurora's Wedding staged by award-winning HRB Artistic Director Victoria Vittum and Barbara LeGault to Tchaikovsky's musical score. Sara Webb, from Dallas, Texas, joined the Houston Ballet in 1997 and was promoted to Principal in 2003. "A ballerina who dances from the soul, bleeding musicality, technical virtuosity, speed, fearlessness and spunk through her gracefully arched feet and liquid arms."

writes Molly Glentzer of the Houston Chronicle. Her partner in this famous pas de deux is the talented Connor Walsh. Connor, born in Fairfax, Virginia, began dancing at the age of seven. He joined the Houston Ballet in 2004 and was promoted to Principal in 2007. "We are thrilled at the opportunity to have our community see Sara and Connor close up and personal at the Berry Center," states Victoria Vittum, founder of the Houston Repertoire Ballet (HRB). HRB is the premier junior ballet company in Northwest Houston which provides quality performances in the community – including its annual *Nutcracker* performances in Tomball.

Sleeping Beauty and Other Tales includes a collection of pieces designed to delight children and introduce them to classical and contemporary ballet and modern dance: *Storybook Fantasy* and *Tangled Web* choreographed by Victoria Vittum and the premier of *I'm in Charge of Painting My Soul* (based on the children's book *Bear's Picture* by Daniel Pinkwater) choreographed by Jane Weiner, founder of Hope Stone, Inc. Performances will be held at the Berry Center Saturday, April 10 at 2 and 7:00 p.m. and Sunday, April 11 at 3pm. Tickets, \$18, are on sale now and can be purchased by calling 281-861-0199; or going to www.hrbdance.org.

Girl Scout and other group discounts are available. Sara and Connor will be showcased in the Saturday 7pm and Sunday performances. Houston Ballet II dancers will fill the role at the Saturday matinee performance, specifically Liao Xiang and Aaron Sharratt, both having excellent placement in the recent Prix de Lausanne competition in Switzerland.

HRB is a non-profit civic organization dedicated to the pursuit of excellence in the art of classical ballet. It provides young aspiring dancers the opportunity to discover within themselves a source of enrichment, beauty, and the means of aesthetic expression that will last a lifetime. HRB dancers have gone on to dance professionally with the New York City Ballet, Miami City Ballet, Atlanta Ballet, Walt Disney World, Texas Ballet Theater, American Ballet Theater (ABT), and Dayton Ballet. HRB is directed by Victoria Vittum, a nationally recognized teacher and choreographer who has been a faculty member of the Houston Ballet Academy and has served as Resident Choreographer for the Gwinnett Ballet Theater in Atlanta, GA. She is the recipient of a Choreography Fellowship awarded by the Cultural Arts Council of Houston and the Texas Commission for the Arts for outstanding Choreographic merit and contribution to the City of Houston.

Lakes on Eldridge North

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Truitt Middle School..... 281-856-1100
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Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10th of each month. Submissions are subject to space limitations and editorial approval. Email Articles to loen@PEELinc.com.

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10th of each month for publication in the following month's newsletter. Email personal classifieds to loen@PEELinc.com.

ADVERTISING: Deadline for submitting ads is the 8th 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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Lakes on Eldridge North

Daisy Girl Scouts Learns What it Means To Give a Gift of Dignity



Scouting organizations are known around the community and the world for things like camping, earning badges, and selling cookies. To those unfamiliar with Scouting, these certainly seem like worthwhile activities that develop our young citizens; however, when you peel back the layers of these endeavors, what you find is the core teachings of the Scout promise and law which strive to build traits of honor, patriotism, courage, respect, and service.

First grade Daisy Troop #16294 took another step on their journey to live out the teachings of the promise and law when they excitedly assembled birthday bags for donation to Mission Centers of Houston. Six and Seven year old girls can really relate to the idea of sharing a birthday celebration. For over 49 years, the Mission Centers of Houston have worked to transform the lives of people living in Houston's inner city. They serve impoverished communities by providing for the physical and spiritual needs of people. In working with the children, the girls discovered that many of the kids had never had a birthday party or even a cake. A tiny ministry was formed that would assemble a birthday party in a bag, containing a cake pan and cake mix, a tub of icing and decorations, candles, plates and cups. These bags packed much more than birthday essentials; they contained the elements needed to make a child feel special and important on their birthday and provide a sense of dignity to a mom as she is able to make her child's day memorable.

The Daisy Troop is based out of Kirk Elementary and is part of the San Jacinto Council. For more info on either of these organizations, go to gssjc.org or missioncenters.org.

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Lakes on Eldridge Swim Team Registration Coming Soon



The Lakes on Eldridge Swim Team (LOEST) is recruiting enthusiastic swimmers ages 4 to 18 looking to have great fun this summer. (Swimmers must be able to swim the length of the pool by the end of the 2nd week of practice.) LOEST is a voluntary and non-profit recreational swim team operated for the Lakes on Eldridge and surrounding neighborhoods. LOEST encourages a competitive swim team environment and

provides the opportunity for growth, training, enjoyment, good sportsmanship and participation to all active Team members. LOEST cannot function without parent involvement. Each family will be required to fulfill a volunteer commitment. It's a great way to meet other families and adults in our community. The Board and the coaches are excited for the 2010 season!

Online registration will open in March. Check our website for details.

Visit www.loedolphins.org and click on the link to the online registration. The team size is limited, so register early.

PLEASE MARK YOUR CALENDARS FOR UPCOMING EVENTS:

April 18: Parents Meeting
April 19-23: Swim Clinic
April 26: First Day Of Swim Practice
May 1: Time Trials At Concord Bridge

MEET SCHEDULE FOR THE 2010 SEASON:

May 15: Home Meet - Deerfield
May 22: Away Meet - Norchester
May 29: Home Meet - Jersey Village
June 5: Home Meet - Winchester
June 12: Away Meet - Concord Bridge
June 19: Divisionals
June 25-27: Invitationals

Visit our website at www.loedolphins.org for up-to-date information. We have several open volunteer positions for hospitality and computers. If you are interested or would like to get more information on the positions please contact Carolyn Jenkins (hospitality) at carolyn1997@gmail.com or Laura Vassallo-Lee (computers) at VeeLee@sbcglobal.net. Should you have any questions or further inquiries regarding the upcoming 2010 LOEST Season, please contact any of the Board Members listed on our website.

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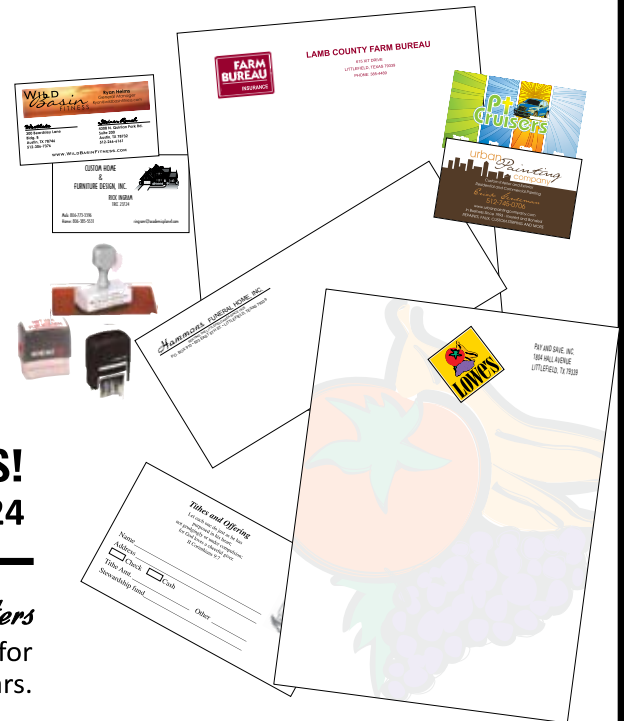
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Northwest Flyers Youth Track Club Information Session

Monday Evening, April 12th, 2010

The Northwest Flyers Track Club will host a free open house / registration session for all middle and high school athletes and their parents interested in joining for the 2010 season. The event will be held on Monday, April 12, 2010 from 7:00 – 8:30 PM in the Cypress Room at the Methodist Willowbrook Hospital, 18220 Tomball Parkway, Houston, at the corner of FM 1960 and Highway 249. The session will begin with a very important program overview / orientation at 7:00 PM. All interested athletes and parents should report on time.

The Northwest Flyers is a youth (ages 6 -18) track organization, affiliated with USA Track & Field. The club provides a full program of "track" events such as sprints, hurdles, middle distance, distance and relays, and "field" events such as long jump, triple jump, high jump, pole vault, discus, shot put and javelin. It is an excellent "off-season" program for young athletes who currently compete on their middle school or high school varsity track teams.

The club was founded 23 years ago by Olympic gold medalist Fred Newhouse to foster the development of youth track & field in the Northwest Houston area. Last year, the Northwest Flyers qualified 42 young athletes to compete at the U.S. Junior Olympics National Championships in Greensboro, NC.

Visit the team website at <http://www.northwestflyers.org> for registration forms and information prior to the session, or contact Linette Roach at (281) 587-8442 or linette.roach@sbcglobal.net.

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If you throw out your paperbacks, please give me a call and let me pick them up, if they are in good condition. We spread them around to people who can't buy for themselves (homeless shelters, prison ministry, etc.). Hardbacks and kid's books are welcomed, as well. Thanks! Please call Deanna at (281)-373-4477.

- DEANNA BOLBECKER



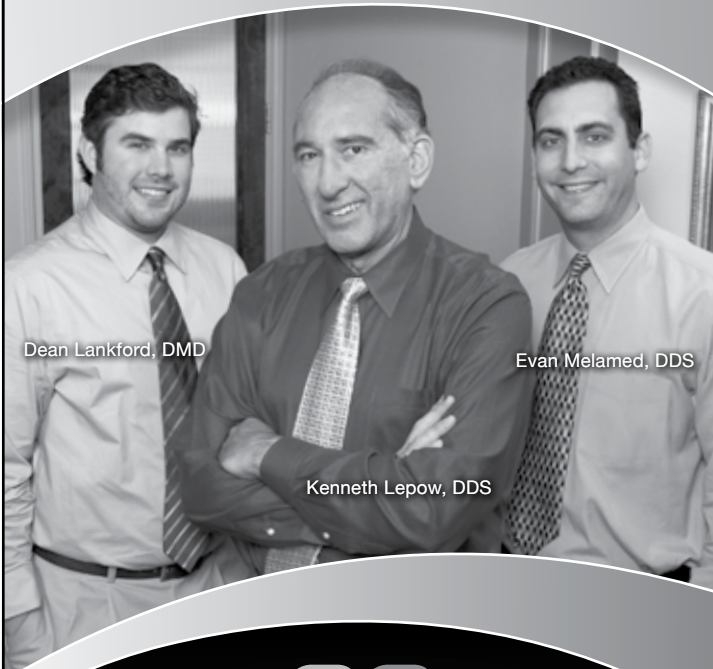
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March Texas Events

- 1-21—HOUSTON:** eXtreme Tea This is a surprising exhibition of tea infusers and strainers. Houston Center for Contemporary Craft. www.crafthouston.org 713/529-4848
- 1-21—HOUSTON:** Transmutations: Material Reborn Showcases 28 international jewelry artists who transform materials, such as resin and thermoplastics, into outrageous jewelry and wearable art. Houston Center for Contemporary Craft. www.crafthouston.org 713/529-4848
- 1-21—PORT ARTHUR:** Boot Scootin' Legends: Images of Classic Country This is a traveling exhibition from the Honky Tonk Hall of Fame. Museum of the . www.museumofthegulfcoast.org 409/982-7000
- 1-28—BEAUMONT:** Protege High School Art Competition & Exhibition Protege is a 23-year-old program organized annually to promote and inspire 12th-grade artists in the region. Art Museum of Southeast Texas. www.amset.org 409/832-3432
- 1-Apr. 11—BEAUMONT:** African-American Art: Highlights from the Dr. Hervy Hiner Collection Include works in a variety of mediums by some of the great African-American artists of the 19th and 20th centuries. Art Museum of Southeast Texas. www.amset.org 409/832-3432
- 1-Apr. 11—BEAUMONT:** Hans Molzberger: Return/Ruckkehr Features several of German artist Molzberger's large-scale, ceramic sculpture installations inspired by the environment, political and social themes. Art Museum of Southeast Texas. www.amset.org 409/832-3432
- 1-May 2—BEAUMONT:** Artwork by Anne Nelson Sweat Cafe Arts, Art Museum of Southeast Texas. www.amset.org 409/832-3432
- 1-May 16—HOUSTON:** Iron: Forged, Tempered, Quenched Celebrates the rich history of American blacksmithing by bridging historical and contemporary works and illustrating the wide variety of blacksmithing techniques and processes currently practiced in the United States. Houston Center for Contemporary Craft. www.crafthouston.org 713/529-4848
- 1-Aug. 15—HOUSTON:** Maurizio Cattelan The exhibition will focus on recent large-scale work that premiered in Europe in 2007 and will feature sculptures that range in tone from the melancholic and politically contentious to the decidedly irreverent. The Menil Collection. 713/525-9400
- 2-21—HOUSTON:** 2010 Houston Livestock Show & Rodeo Kicks off with the rodeo parade, after trail riders enter town and set up a camp in Memorial Park. All 20 championship rodeo competitions are concluded with entertainment by music superstars. Reliant Park. www.rodeohouston.com 832/667-1000
- 3-6, 10-13, 17-20, 24-27, 31—ROCKPORT:** Bird Walk Spend the morning with birding experts on a walk through the park identifying the birds of the al Bend. Hours are 8 to 11 a.m. Goose Island State Park. 361/729-2858
- 5-28—HOUSTON:** Harvey Elwood P. Dowd's companion, a six-foot invisible rabbit, is an embarrassment to his social-climbing sister and her daughter, who decide to have Dowd committed. Alley Theatre. www.alleytheatre.org 713/228-9341
- 13-Jun. 12—ORANGE:** Blooms: Floral Art in the Stark Collections Explores flowering beauty as expressed in works from early botanical books to exuberant still-life paintings. Stark Museum of Art, 712 Green Ave. www.starkmuseum.org 409/886-2787
- 26—HOUSTON:** Gilberto Gil Gil brings his unique sound, incorporating an eclectic range of influences — reggae, samba, forro, rock and African music. Begins at 8 p.m. Jones Hall. www.spahouston.org 713/227-4SPA
- 26-28—HOUSTON:** Bayou City Art Festival More than 300 national artists working in 19 artistic media are juried and invited to show and sell their original art. Memorial Park. www.bayoucityartfestival.com 713/863-8403
- 26-28—TOMBALL:** German Heritage Festival Celebrate with four stages of live music, folk dancers, arts & crafts, food, carnival and fireworks. Includes street vendors. Old Downtown Streets of Tomball near 201 S. Elm St. www.tomballsistercity.org 281/379-6844
- 27—HOUSTON:** Airport Festival Includes aircraft displays, airport rangers, children's area and entertainment. Bush IAH Airport. www.houstonnwchamber.org 281/440-4160
- 27—HOUSTON:** From Broadway to Hollywood: Marvin Hamlisch & Joel Grey in Concert The composer and the actor appear together for a unique concert experience. Begins at 8 p.m. Jones Hall. www.spahouston.org 713/227-4SPA
- 27—HOUSTON:** Ninth Annual Spring Fairfield Garage Sale Fairfield started their 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

(Continued on Page 10)



Lakes on Eldridge North

Texas Events - (Continued from Page 9)

- 27—KEMAH:** Kemah Pan Jam Features Caribbean steel drum, calypso music and reggae singers. Includes craft vendors and Texas chili cook-off. Kemah Lighthouse District. www.kemahpanjam.com 281/538-4165
- 27—LAKE JACKSON:** Brazosport Symphony Orchestra Concert Begins at 7:30 p.m. The Clarion. www.clarion.brazosport.edu 979/230-3658
- 27—ORANGE:** Eighth Annual Art in the Park Area artists display, show and sell artworks. Crafters have items for sale. Enjoy live music on stage, Kids Alley with hands-on arts & crafts for children, and food. Stark Park. www.orangetexas.org 409/883-1011
- 27—ROCKPORT:** 18th Annual Coastal Classic Auto Show Hours are 9 a.m. to 4 p.m. Rockport Beach Park. 361/777-0277
- 27—VICTORIA:** Polo Match McFaddin Ranch. www.victoriaregionalmuseum.com 361/575-8227
- 27-28—PEARLAND:** Paws in the Park Includes HEB Plus! Pet & Owner Fun Run, National Dock Diving Competition, U.S. National Disc Dog Tournament, flyball demonstrations and more from 10 a.m. to 4 p.m. Independence Park. www.pearlandparks.com 281/652-1673
- 27-28—SOUTH PADRE ISLAND:** Annual Texas State Surfing Championship Isla Blanca Park (Jetties). www.sopadre.com

- 28—ORANGE:** The Man Who Planted Trees A French shepherd sets out with his faithful dog to transform a bleak landscape by the simple act of planting trees. Lutchter Theater. www.lutchter.org 409/745-5535 or 800/828-5535
- 29-Apr. 4—HOUSTON:** Shell Houston Open Golf Tournament Played at Redstone Golf Club's Tournament Course, 150 of the world's best golfers compete. 5860 Wilson Road. www.shellhoustonopen.com 281/454-7000
- 30—SAN BENITO:** San Benito High School Conjunto Band Concerts at the Amphitheater Enjoy the traditional sounds of Conjunto music by San Benito's young musicians. Begins at 6:30 p.m. W.H. Heavin Amphitheater. 956/361-3804 ext. 302
- 30—VICTORIA:** Lyceum Series Featuring James Galbraith, Economics Victoria College Auditorium. E-mail: robert.hodde@victoriacollege.edu 361/572-6448

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FINANCIAL FOCUS

Time to Make Post-Recession Investment Moves?

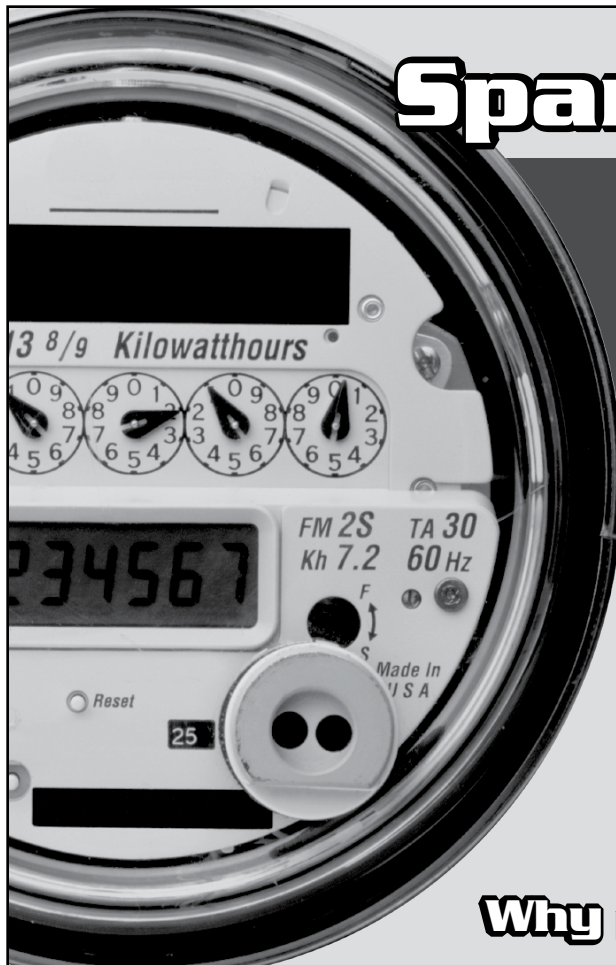


Like a tiresome dinner guest, the recession has long outstayed its welcome. But there are some clear signs that the economy has begun to turn around. If that is indeed the case, how should you, as an individual investor, respond?

Before we get to that question, let's quickly review some of the key factors that suggest the recession may be ending. First, we've seen four straight months of gains by the Conference Board's Index of Leading Economic Indicators. Also, the job market is improving somewhat and bank lending is increasing. The Federal Reserve's efforts to stabilize the financial system have improved conditions in the corporate credit markets, as indicated by a dramatic increase in the amount of new bonds issued by companies thus far in 2009. We've also seen improvements in the housing market and in industrial production.

Even if all this evidence indicates the recession is ending, does that necessarily mean that boom times for investors will follow? A look back in time shows reasons for optimism. In 10 recessions, extending from 1949 through 2001, the S & P 500 rose, on average, 9.5 percent six months following the recession's end date, and 15.5 percent after 12 months, according to Ned Davis Research. Of course, as you have no doubt heard, past performance is no guarantee of future results, but in years gone by, staying in the market rewarded long-term investors —those who could look beyond the recession at hand.

(Continued on Page 13)



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Lakes on Eldridge North

Financial Focus- (Continued from Page 12)

In any case, if the recession is ending, let's return to our original question: What investment moves should you make? As we've already seen, the most important step you can take is to remain invested — and if you're out of the market, consider getting back in. As exhibited by the strong market rally this summer, large gains can come quickly, but they only come to those who aren't on the investment sidelines.

In addition to staying invested, consider these other post-recession moves — which are actually pretty good moves before and during a recession, as well:

- Look for quality. In any economic environment, you'll be making a smart move by focusing on quality investments that fit your unique situation. You may look for the stocks of those companies with strong management teams and competitive products. And stick with investment-grade bonds, if fixed income is appropriate.

- Diversify. Build a portfolio containing a variety of investments, including stocks, bonds, government securities and certificates of deposit. While diversification, by itself, can't guarantee a profit or protect against a loss, it can help you reduce the long-term effects of volatility on your holdings.

- Keep a long-term perspective. It's not easy to overlook market fluctuations, especially severe ones, but if you can keep your eyes

on what you hope to achieve in the future, you might be less likely to over-react to short-term events. While you may need to periodically adjust your investment mix in response to changes in the economy and in your own life, you'll be better off, in the long run, by establishing a strategy that's appropriate for your individual risk tolerance and goals — and sticking to it.

As individuals, we're all subject to the ebbs and flows of the economy. But by focusing on those things you can control — such as buying quality investments, diversifying and thinking long-term — you can become an investor for all seasons.

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST

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Important Dates

Aug. 12-13	New Staff Orientation
Aug. 16-20	Professional Days
Aug. 23	1st Day of School
Sept. 6	Student Holiday
Oct. 11	Professional Day / Elem. Parent Conferences
Nov. 24-26	Student Holidays
Dec. 20, 21	Inclement Weather Days/ Student/Staff Holidays
Dec. 22-31	Student Holidays
Jan. 3-4	Professional Days
Jan. 17	Student/Staff Holiday
Feb. 21	Professional Day / Inclement Weather Day
March 14-18	Student/Staff Holidays
April 22	Student/Staff Holiday
May 30	Student/Staff Holiday
June 1	Last Day of School
June 2	Professional Day / Inclement Weather Day

ELEMENTARY SCHOOLS

1st 9 Weeks: Aug. 23-Oct. 22
2nd 9 Weeks: Oct. 25-Jan. 14
3rd 9 Weeks: Jan. 18-March 25
4th 9 Weeks: March 28-June 1

SECONDARY SCHOOLS






1st Semester

1st 6 Weeks: Aug. 23-Sept. 29
2nd 6 Weeks: Sept. 30-Nov. 5
3rd 6 Weeks: Nov. 8-Dec. 17

2nd Semester

4th 6 Weeks: Jan. 5-Feb. 18
5th 6 Weeks: Feb. 22-April 15
6th 6 Weeks: April 18-June 1

LEGEND

-  STUDENT/STAFF HOLIDAY
-  PROFESSIONAL DAY
(Student Holiday)
-  FIRST & LAST DAY OF SCHOOL
-  PARENT CONFERENCES/
HOLIDAY FOR ALL STUDENTS/
PROFESSIONAL DAY
-  INCLEMENT WEATHER DAY

2011

JANUARY

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Hunger *does not end* with the holidays

Please join in our Food Drive to benefit the Houston Guadalupe Center! Think of us during your next grocery store trip!

Your Keller Williams Realty area specialist will accept donations of non-perishable food items from January 30th till February 28th at 5802 Bolero Point Circle in LOEN.

Items needed are: Pasta, dry uncooked beans, peanut butter, mashed potatoes, dry cereal, dry milk, canned meat, canned tuna, canned vegetables and canned fruits.

Please drop bags under the porte cochere by side door anytime during the month of February!

For more information and directions please call 832-788-6002.

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"No act of kindness, no matter, how small, is ever wasted" – Aesop

Texas Flag Flown over Afghanistan Donated to Cypress Christian School

In honor of our many veterans and prayer warriors, Mr. and Mrs. Phillip Miller, Cypress Christian School parents, donated a special and unique "Texas" flag to the school located at 11123 Cypress N. Houston at Jones Rd. The flag was flown on June 19, 2009, in Afghanistan, by a United States Army Special forces team during a mission. The Miller's son, Jonathan gave the flag to his parents to present to Cypress Christian in honor of all the prayer warriors who have prayed for him during tours to Iraq and Afghanistan.

The Miller family asks everyone to pray Psalm 91, The Soldier's Psalm, for all soldiers who are in harm's way. It is said that, during WWI, the soldiers of the 91st Brigade recited the 91st Psalm daily. This brigade engaged in three of that war's bloodiest battles. Other units suffered up to 90% casualties, but the 91st Brigade did not sustain a single combat-related death. Cypress Christian School is honored to support our troops through prayer and donations. For more information on this story, please contact Sharon Miller at the school at 281.469.8829. Articles on how students support our troops are published in the school newsletter, CONNECTION, which is available via the school website at www.CypressChristian.org. (both C's should be capitalized for clarity).

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290 Cypress Business Networking Group

The 290 Cypress Business Networking Group meets every Thursday morning at 7:30 am at Cypress Station Grill located at 26010 Hempstead Road. Behind the Target shopping center at 290 and Spring Cypress. 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. There is no cost to attend the meeting. If you would like more information, please call Ken Parker at 281-384-1562 or visit our website at 290Cypress.com

Oil & Gas Networking

If you work in any aspect of the Oil & Gas Industry and would like to network and meet your Cypress neighbors in your field, please come say Hi!

We will meet the 1st Monday of each month at IHOP on Hwy 290 (Next to CVS on Fry Road) between 5:30 am and 8:00 am.

Come by have a cup of coffee and get the latest events and happenings in the Industry. If you have any questions please feel free to email me at Kevin.Kays@sbcglobal.net



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Now Registering for 2010-2011 School Year

Registration packets are available at the school office.

Recipe of the Month

Broccoli Casserole

Ingredients

- 1 package frozen broccoli
- 1 cup cooked rice
- ½ cup chopped celery
- ½ cup chopped onion
- 1 small jar Cheese Whiz
- 1 can cream of chicken soup
- 1 can cream of mushroom soup

Directions

Place rice in greased casserole dish.

Saute onions and celery. Cook broccoli until crispy tender. Combine vegetables, soups, and cheese. Pour over rice. Bake at 375° until bubbly.

*If you would like to submit YOUR recipe
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HEALTH BRIEFS



Talking To Your Family Could Heal Your Heart

Heart trouble doesn't always mean chest pain. That's why cardiologists at Baylor College of Medicine say knowing your cardiac risk factors and your family medical history could save your life.

"Cardiac trouble comes in a wide range of symptoms," said Dr. Hamid Afshar, assistant professor of medicine at BCM. "We have to listen to what our body is saying and know our family history of heart disease."

Possible symptoms include discomfort or pain in the chest, shoulders, arm or even jaw, Afshar said. Symptoms can also include palpitations, lightheadedness or fatigue because of lack of oxygen being pumped throughout the body.

Sometimes these symptoms can be caused by something unrelated to the heart, like a pulled muscle, but if you have cardiac risk factors and experience any of the wide range of symptoms, it is a sign that you need to see a doctor.

Cardiac risk factors include family history of heart disease, high cholesterol, high blood pressure, obesity, diabetes, high triglyceride levels and smoking. Treating and recognizing symptoms early is important and can help prevent a major cardiac event.

Getting The Ink From Under Your Skin

People often get tattoos in memory of loved ones, as a sign of rebellion or just to be cool. They don't always think about the health risks or the fact that they may one day regret their decision.

"If not done properly, the most common health risks are scarring, allergic reactions, and Hepatitis C," said Dr. Ramsey Markus, an assistant professor of dermatology and director of the dermatology laser center at Baylor College of Medicine. "Allergic reactions are particularly bothersome as they are often chronic, itchy and difficult to treat."

There's no cure for Hepatitis C, which is a liver disease caused by the Hepatitis C virus. Infections can occur in new tattoos, so be sure to follow the after-care recommendations.

Removing a tattoo is often more expensive than getting it in the first place. Dermatologists at Baylor College of Medicine use one of the safest and fastest tattoo removal lasers available. The treatment takes a few minutes depending on the size and color of the tattoo. The number of sessions depends on the color of the ink, its density and how deep the tattoo is placed.

"Before getting a tattoo, people should think about whether or not it's worth it in the long run," Markus said.

Pain In The Neck May Be A Thing Of The Past

Getting rid of a pain in the neck is usually easier said than done.

Patients who suffer from muscle pain don't always find immediate and lasting relief; however, a new treatment option may be the solution. According to experts at Baylor College of Medicine, injecting Botulinum toxin into trigger points in the muscle may offer longer lasting relief for patients suffering from muscle pain in the back or neck that is due to muscle spasms.

"This treatment used in conjunction with physical therapy can help loosen the muscles and provide relief for several months," said Dr. Benoy Benny, assistant professor of physical medicine and rehabilitation and director of the spine, sports and pain program at BCM.

Many patients suffering with this type of pain have tried several treatment options, including non-steroidal anti-inflammatories, physical therapy and trigger point injections with a local anesthetic. Those who felt short-term relief from the trigger point injections may find that Botulinum toxin injections provide the same relief for a longer period of time, said Benny.

Botulinum toxin injections can last for as many as three months for some and can be repeated if necessary. Over time, the frequency of the injections can be reduced as the patient continues with physical therapy.

Asthma Can Be Controlled, Not Cured

Medications and lifestyle changes help manage asthma, but they will not actually cure it, according to an expert at Baylor College of Medicine.

Asthma affects about 24 million people in the United States and has a higher prevalence in the inner city population, said Dr. Nicola Hanania, associate professor of medicine at BCM. Treatment for asthma depends on its severity and incorporates anti-inflammatory medications and lifestyle changes.

"You have to control the environment and irritants to which you are exposed," said Hanania. This includes controlling indoor allergens such as dust mites and mold as well as exposure to second hand smoke.

Although asthma symptoms may not be as apparent when medication and lifestyle changes are incorporated, asthma is not actually cured. If medication or lifestyle changes are stopped, signs of poor control will appear. These include exacerbations and an increased use of an inhaler. This can lead to emergency room visits, hospitalizations and sometimes even death.

Hanania suggests proper education about asthma, including the use of inhaler devices, avoiding exposure to irritants, taking medications and monitoring asthma on a daily basis. He also emphasizes having an action plan and knowing when to get help or when to go to the emergency room.

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on the streets and by speeding
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SPEEDING IN LOEN PARKING ON THE STREET

Most homeowners have some space in their garage reserved for storage – in some cases most of the garage, thereby not leaving enough room for their vehicles. Consequently, many owners park their vehicles on the street making it difficult for others to pass and creating hazardous conditions for the children.

Although we're all anxious to get home to be with our families, speeding and reckless driving is against the law and endangers everyone. Lakes on Eldridge North is a family oriented community with many children; for that reason before you speed or park on the street, please consider their well-being. Also, children playing in the street can unknowingly create a dangerous situation, especially on heavily traveled streets; the driver may not see the child, especially in the evening or after dark.

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

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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.

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*Solution at www.PEELinc.com

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Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®



Battling Boredom

ARE YOU FINDING IT DIFFICULT TO GET

out of bed in the morning for your daily walk and making up excuses to skip the gym on the way home? Even the most dedicated exercisers occasionally get bored with their routine. Waning motivation, cutting workouts short and not having your old enthusiasm all are signs of a stale exercise regimen.

Quick Fix

First, evaluate your current routine to determine what really bores you. A new variation on your favorite activity — such as cardio-funk or kickboxing instead of step aerobics, or hoisting free weights instead of working on machines — may be enough to reinvigorate a stale routine.

If you've always worked out indoors, logging miles on a treadmill, stairclimber or stationary bike, move your workout outside for a welcome change of scenery. Run, hike or bike on trails; swim in a lake or ocean.

Bigger Changes

When tweaking your routine isn't enough, make bigger changes. Take up an entirely new activity — especially something you never thought you'd do. If you've always stuck to solitary pursuits, sign up for a team sport, such as volleyball, basketball or even doubles tennis. Or tackle something you've always shied away from — indulge your thirst for adventure with a rock-climbing class (start on an indoor wall, then move to the real thing as your skills improve).

Good Company

Working out alone often is an oasis of solitude in a busy day, but maybe you need some company. Exercise companions add a social element to any routine. Ask a friend to be your workout partner—you won't skip a workout if someone is waiting for you.

Just about every sport or activity has a club; to find one, ask around at gyms or local community centers. Keeping up with the crowd also means you'll be challenged to improve your skills. Ask about organized workouts and fun runs offered by local track clubs, as well as group rides hosted by cycling clubs.

Challenge Yourself

Many exercisers work out simply to stay in shape, and most of the time that's just fine. But setting a goal, such as

finishing a 10K race or completing a rough-water swim, will give your daily workouts more meaning.

Start by incorporating bursts of speed into your workouts. After a gentle warm-up, alternate a fast pace with a slower one for recovery. This can be as simple as sprinting to the next tree, or as structured as running intervals on a track or sprinting laps in the pool.

Add Variety

Elite triathletes pioneered the cross-training concept, and it works for the rest of us, too. If you usually focus on one activity, substitute another a few days a week. Ideally, any exercise program includes elements of cardiovascular exercise, weight training and flexibility.

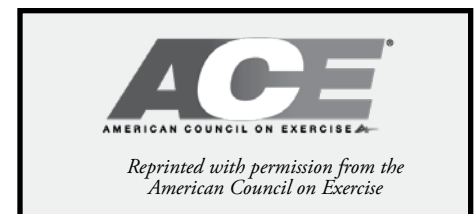
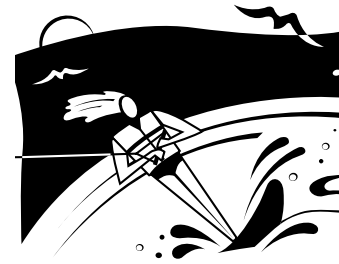
New Toys

Small exercise gadgets aren't necessary, but they can make your workouts more fun and challenging. Heart-rate monitors, aquatic toys and safety equipment are just a few items to consider. Find out which new training gadgets are available for your favorite activity.

Take a Break

Sometimes you really do need time off. In that case, cut back on your usual routine, and substitute other activities. You might even find one that you enjoy more than your old favorites.

Once you've fought your first battle with boredom, you'll know the tricks to keep exercise from becoming too routine. Trying new sports, new classes and new activities — and learning how to throw a little variety into old favorites — can help you overcome the nagging inclination to devise those creative excuses for not working out.



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Lakes on Eldridge North

Meet Devion (7/02)

Devion is only little in physical size. He is convinced he is the biggest kid around and that he can do anything anyone else can do. This little man lights up any room he enters with his smile and personality. Devion loves attending church and enjoys singing in the children's choir. Devion loves playing with other people of any age but he plays in the manner of a child age 4 to 6. He is showing progress in being able to play independently. Devion loves to do almost anything outside. He loves to swim, ride bikes & scooters, play baseball, basketball & football and has even recently tried to water ski! Devion has played 4 seasons of t-ball and one season of basketball since living in our home and loves telling everyone about it. While Devion has wonderful gross motor skills he struggles with his fine motor skills. While Devion has made much progress emotionally he continues to receive weekly therapy to work on social skills and impulsivity.

Devion is very loving and affectionate. He enjoys being with others and would do well in a loving, structured, active home of any ethnic make-up as an only or youngest child.

For more information on Devion or on adoption contact Grace Lindgren at the Adoption Coalition of Texas 512-810-0813 or gracelindgren@adopttexas.org



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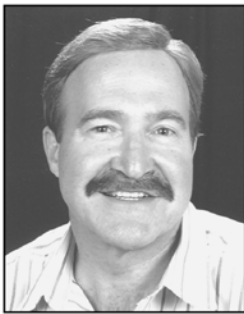
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