



# LAKES

## ON ELDRIDGE

Volume 9, Issue 5  
May 2010

Official Newsletter  
[www.lakesoneldridge.net](http://www.lakesoneldridge.net)

## 2010 EASTER EGG HUNT

The young children of Lakes on Eldridge and their families enjoyed a fun filled morning at the annual Easter Egg Hunt held in front of the clubhouse on March 27, 2010. The children collected plastic candy filled eggs, enjoyed refreshments, and had their picture taken with the Easter Bunny.

It takes many volunteers to make this event possible for our Lakes on Eldridge families with young children. The hunt would not be possible without their help! Many have volunteered for the past several years and their willingness to continue to help is sincerely appreciated.

Many thanks therefore to:

- \* The Lakes on Eldridge Social Committee, for hosting this event, and particularly Georgia Shotwell, for organizing, purchasing refreshments, printing flyers, and putting up signs!

- \* Gus Lester, for being a good sport and playing "Mr. Bunny", and Mr. Bob Wright of Party Boy at 1515 Studemont, Houston, Texas (713) 861-9080, for donating the "Mr. Bunny" costume!

- \* Sandy Deloney, Ellen Havlik, Marla Marget, Jamie Medina, Holly Blausen, Wendy Craven, Deborah Dunaway, Georgia Shotwell, Julie Applegate, Cecilia Freeman, Elizabeth Tobin, Rosa Clay, and Heather Von Sternberg, for distributing the flyers throughout the neighborhood.

In addition, special recognition goes to:

- \* Holly Blausen, Wendy Craven, Jamie



Medina, Julie Applegate, Deborah Dunaway, and Georgia Shotwell, for being the egg collectors. Not only did they allow their homes to be used as drop off sites, but also delivered the eggs early on Saturday morning.

- \* Tom and Carolyn Mohr, Wendy Craven, Deborah Dunaway, Toby Ellis, Elizabeth Tobin, Olivia Tobin, Melissa Hunziker, Angela Hammond, Phyllis Baker, Heather Von Sternberg, and Georgia Shotwell, for setting up, hiding the eggs and above all doing the clean up after the event!

And last but not least, thanks goes to Georgia Shotwell and Toby Ellis with Keller Williams Realty Memorial, for donating over 900 candy filled eggs!

If you are one of the families that enjoyed the hunt, please extend your hand of thanks to the many volunteers that make this event worthwhile. Keep in mind that the Lakes on Eldridge Social Committee is always in need of willing volunteers in order to host these great events for our residents to enjoy. If you are interested in volunteering or would like more information, please contact Heather Von Sternberg at [heathervs@vonlawfirm.com](mailto:heathervs@vonlawfirm.com) or Georgia Shotwell at [gshotwell@sbcglobal.net](mailto:gshotwell@sbcglobal.net).



# Lakes on Eldridge

## IMPORTANT NUMBERS

|  |                                       |
|--|---------------------------------------|
| AMI .....                                  | 713-932-1122                          |
| Gate Attendant.....                        | 713-937-8825                          |
| Waterfowl, Betty Burkett.....              | 713-302-9929                          |
| 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)     |                                       |
| SouthWest Water Company .....              | 713 405 1750                          |
| Harris County Tax Office .....             | 713-224-1919                          |
| Reliant Energy.....                        | 713-207-7777                          |
| CenterPoint (gas) .....                    | 713-659-2111                          |
| Center Point (street light).....           | 713-207-2222                          |
| (give pole # of street which is out)       |                                       |
| Comcast.....                               | 713 341 1000                          |
| 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                          |
| Cy-Ridge High School .....                 | 281-807-8000                          |
| Newsletter Publisher                       |                                       |
| Peel, Inc. ....                            | advertising@PEELinc.com, 888-687-6444 |

## LOE Board Of Directors

To contact a member of the Board of Directors, call Trinh N. Basarabescu or Helga Chandler with AMI at 713-932-1122. Leave the number where you can be reached. Mr. Taylor will then forward your message to one of the following board members:

|                            |                |
|----------------------------|----------------|
| Bronson Clay .....         | President      |
| Carlton Thorpe.....        | Vice President |
| Heather Von Sternberg..... | Secretary      |
| Cory Hammond .....         | Treasurer      |
| David King .....           | At large       |

Visit the Association Website:  
[www.lakesoneldridge.net](http://www.lakesoneldridge.net)



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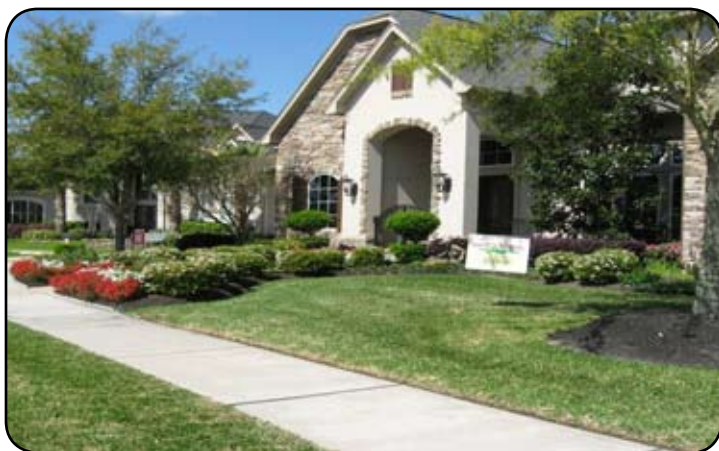
**281-858-4868**

## May Yard Of The Month

There were so many pretty yards to choose from. With the weather turning warmer we expect to see everyone outside gardening! The following is a list and photos of our TWO WINNERS and NAMES of our TWO HONORABLE MENTIONS for MAY:



WINNER East of Turkey Creek:  
PHYLENE & NICK JAKOBSEN  
5502 WINDHAM SPRINGS CT.  
(HONORABLE MENTION: NAME NOT PROVIDED  
5419 SUMMER FALLS



WINNER West of Turkey Creek: MARGE and CHUCK THOMPSON  
5511 SILVER PARK  
(HONORABLE MENTION: VICTORIA & BRUCE BARBRE  
12903 CORAL CREST)

*Congratulations To You All  
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*Winners, please allow 8 weeks for receiving your gift certificate from Cornelius.*



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*Ann*

### Lakes on Eldridge

#### *1st Quarter Neighborhood Update...*

| Price Range            | Under 400K | 400K to 600K | 600K Plus |
|------------------------|------------|--------------|-----------|
| Number of Sales        | 4          | 3            | 2         |
| Avg. List Price        | \$342,962  | \$445,000    | \$722,450 |
| *Avg. Sales Price      | \$317,621  | \$422,000    | \$715,700 |
| Avg. Sq. Footage       | 3,559      | 4,216        | 4,988     |
| Avg. Price per Sq. Ft. | \$89.24    | \$100.09     | \$143.48  |
| Days on Market         | 76         | 91           | 278       |
| SP/LP Ratio            | 98%        | 96%          | 99%       |

\* Adjusted sales price after seller contributions to closing costs or repairs.  
Values are based on averages from all sales, per MLS

## ANN KNOCHE

Realtor® Associate

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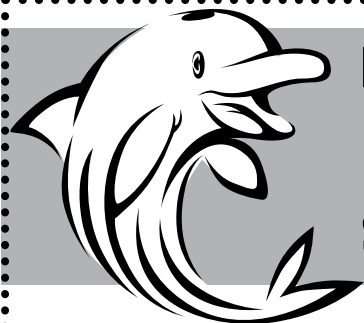


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# Lakes on Eldridge



## Lakes on Eldridge Dolphins Swim Team News

The new swim season is finally underway, and not a moment too soon for our rearing-to-go swimmers age 4 to 18! After a very successful Swim Clinic held the week of April 19, the first day of practice followed on 27 April. Mark your May calendars for the Time Trials on May 1st, team picture day on the 3rd, and the first pep-rally on the 14th followed by the first meet on the 15th at our home pool in Lakes on Eldridge. Below is the complete season's calendar, to cut out and tape to your fridge for easy reference! As always you can visit our (new and improved) website [www.loedolphins.org](http://www.loedolphins.org) for the latest information under 'Meets and Events'.

|             |   |
|-------------|---|
| MAY 1:      | TIME TRIALS AT CONCORD BRIDGE                 |
| MAY 3:      | TEAM PICTURES                                 |
| MAY 15:     | HOME MEET* @ DEERFIELD                        |
| MAY 22:     | AWAY MEET* @ NORCHESTER                       |
| MAY 29:     | HOME MEET* @ JERSEY VILLAGE                   |
| JUNE 5:     | HOME MEET* @ WINCHESTER                       |
| JUNE 7-8:   | SUMMER QUEST (Mid-Invitational) @ CY-SPRINGS  |
| JUNE 12:    | AWAY MEET* @ CONCORD BRIDGE                   |
| JUNE 19:    | DIVISIONALS                                   |
| JUNE 21L    | SMIM BANQUET @ CY RIDGE HS                    |
| JUNE 25-27: | RED, WHITE & BLUE INVATIONALS<br>@ CY-SPRINGS |
| JUNE 26-27: | PONDEROSA INVATIONALS @ KLEIN HS              |

*\*Each Meet is preceded by a Pep Rally the evening before.*

Our website [www.loedolphins.org](http://www.loedolphins.org) offers a 'Contact' link that you can use to send questions and comments regarding the 2010 LOEST Season or anything else about LOEST. Or if you prefer, you can email one of the Board Members directly (select 'About us', then '2010 Board of Directors').

## Timely Tip for May Gardeners

*From Calloway's Nursery*

Perennials are becoming more important to gardeners because of their staying power. They are plants you set out once, yet they return year after year for your enjoyment. Perennials are often those plants that can be divided, shared and passed on from generation to generation.

They do best when they are incorporated into the landscape with other plants. While shrubs provide the backbone to your beds, perennials will contribute color at certain times of the year. Mixing groupings of the same type of perennials will give your landscape a nice splash of color. Most often, perennials die back in the winter and emerge again in the spring.

*Perennials are often those plants that can be divided, shared and passed on from generation to generation.*

You can also use perennials in a "cutting garden." Plant a few evergreen shrubs for interest but allow most of the bed for perennials. Select varieties that will bloom at different times of the year so something will always be in bloom. The charm of a "cutting garden" is the fact that it changes month by month, bringing new blooms to enjoy.

We will be hosting a free clinic in every store on perennials on Saturday, May 22nd at 10:15 am. Join us to learn more about gardening with perennials! Go to <http://mytexasgarden.com/index.php/free-clinics/> for a complete list of our FREE in-store clinics. Visit [www.mytexasgarden.com](http://www.mytexasgarden.com) for more gardening tips, information and to become a member of our Garden Club.

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## *Lakes on Eldridge*

Sensational updated custom home on corner lot with lakeviews - within walking distance to beach club, pool/tennis courts. Double mahogany leaded glass front doors open into 2 story tiled foyer and formal dining. Formal living has hardwoods, moldings and remote gas log fireplace. Plantation shutters throughout, recent exterior and interior paint, radiant barrier, new high-end appliances plus so much more. Gourmet island kitchen is great for entertaining! Professional landscaping/lighting, planters and courtyard with Italian fountain.



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*For more information contact*

**KAY HORSCH**

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Lakes on Eldridge Resident*

**713.703.8313**

[kay@kayhorsch.com](mailto:kay@kayhorsch.com)  
[heritagetexas.com](http://heritagetexas.com)



# Lakes on Eldridge



Our reading list for 2010 has a wide variety of topics, and each book is available through the Harris County Library. Consider joining us to discuss them! We meet on the 4th Monday of each month at a member's home. Call Celeste at 713-896-6942 for location or additional information.

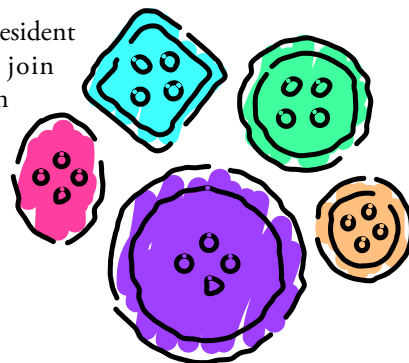
## Upcoming Books:

- May 24 – The Master Butcher's Singing Club by Louise Erdrich  
What happens when a trained killer discovers, in the aftermath of war, that his true vocation is love? From the award-winning New York Times bestselling author of Love Medicine comes an enchanting, richly imagined world "where butchers sing like angels."
- June 28 – The Island by Victoria Hislop
- July 26 – The Help by Kathryn Stockett

## Stitch & Chat

Members of Stitch and Chat meet every Thursday from 10 a.m. until 12 noon at the LOE Beach Club House. We knit, crochet, needle pint, embroidery, counted cross stitch, mend items, and sew on buttons that we have put off much too long. We make Quilts for family members, shawls for cancer patients, caps for newborn babies. We would love to have you join us for coffee and conversation. We would be happy to help you get started on any project that you have always wanted to do.

You do not have to be a resident of Lakes on Eldridge to join us. For more information contact: Catherine Spellings at CTSpellings@aol.com, or call 713-628-7083 or 713-896-1652.



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## WOMAN CATHOLIC PRAYER GROUP

*Starting in Lakes on Eldridge*

A woman catholic prayer group is starting in Lakes on Eldridge. We will meet twice a month to pray the rosary, learn about our catechism, and share our spiritual experiences. If interested, please email Gina Mouser at [ginaam@sbcglobal.net](mailto:ginaam@sbcglobal.net).



## PLEASE LET US KNOW!

If you know of a LOE resident who has had any outstanding awards, milestones or accomplishments, please let us know at [news@lakesoneldridge.net](mailto:news@lakesoneldridge.net) so they may be recognized in the newsletter.

## BUNCO JUNKIES

Members of Bunco Junkies meet & play at the LOE Beach Club House on the 1st Thursday of each month from 12 noon until 2 pm. We must have 12 players each month to be able to play. Please speak to your friends & neighbors and ask them to join us in this easy and fun game. Players do not have to be residents of Lakes on Eldridge to play.

For more information contact:  
Catherine Spellings at [CTSpellings@aol.com](mailto:CTSpellings@aol.com), or call 713-628-7083 or 713-896-1652.

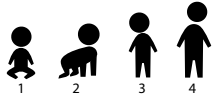


## COLIN'S HOPE

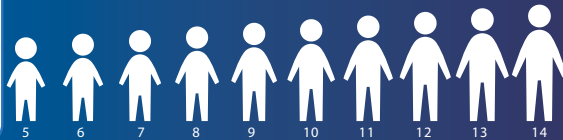
*Increasing water safety awareness and standards*

### 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.



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## Financial Focus

By Matt Smith

In the investment world, there aren't many certainties, but here's one of them: prices will always go up and down. As an individual investor, you can't do anything about this volatility. But the way you respond to it could make a big difference in your long-term investment success.

Many investors think they can "beat" volatility by trying to time the market — in other words, by buying when prices are low and selling when prices are high. In theory, this is an excellent strategy, but in reality, it's pretty much impossible to follow — because no one can really predict, with any accuracy, market highs and lows. So instead of attempting to time the market, you're much better off by following a time-tested strategy known as systematic investing.

To systematically invest, you simply put the same amount of money into the same investments at regular intervals. To illustrate, you could put \$100, \$500, \$1000 or more into Investment X on the first of every month. To make it even easier on yourself, you could automatically transfer those dollars from your bank account directly into the investment you've chosen.

In all likelihood, your contribution will buy a different amount of shares of Investment X each month. For example, if Investment X sells for \$100 per share in January, a \$500 investment will buy five shares. In February, if the price has fallen to \$50 per share, your \$500 will buy 10 shares.

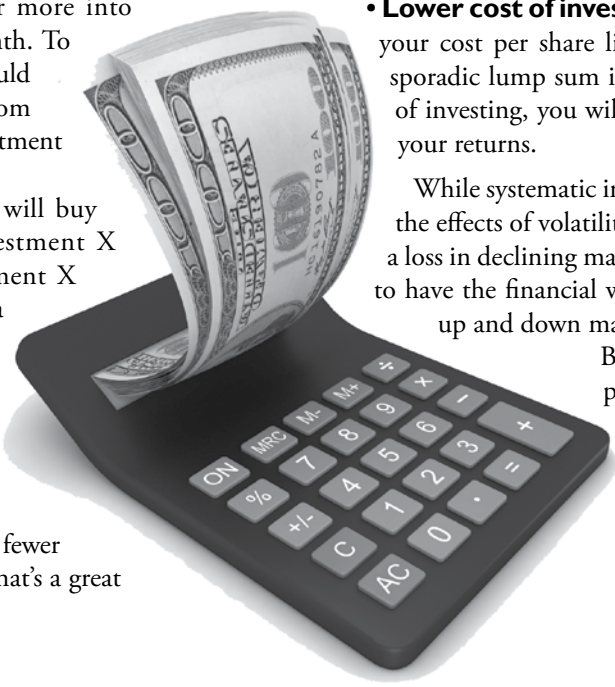
In other words, when you systematically invest, you'll automatically buy more shares when the price is low and fewer shares when the price is higher — and that's a great

way to cope with market volatility. But systematic investing also offers some other advantages, including the following:

- **Efficient share building** — The more shares you own of an investment, the bigger your cumulative gains whenever the price of that investment rises. Consequently, increasing your shares should be a prime objective — and systematic investing is one way of building your share ownership.
- **Investment discipline** — Most people realize the value of investing for their retirement and other long-term goals, but they often put it off each month and find other things to do with the money — and by then, there's often nothing left to invest. But by setting up a bank authorization to invest systematically each month, you'll "pay yourself first."
- **Lower cost of investing** — Through systematic investing, your cost per share likely will be lower than if you made sporadic lump sum investments. And by lowering the cost of investing, you will, in effect have the potential to boost your returns.

While systematic investing is typically a good way to fight the effects of volatility, it can't guarantee a profit or prevent a loss in declining markets. And keep in mind that you need to have the financial wherewithal to keep investing through up and down markets.

But if you have that ability, consider putting systematic investing to work for you. It may not be glitzy or glamorous, but it may work for you.



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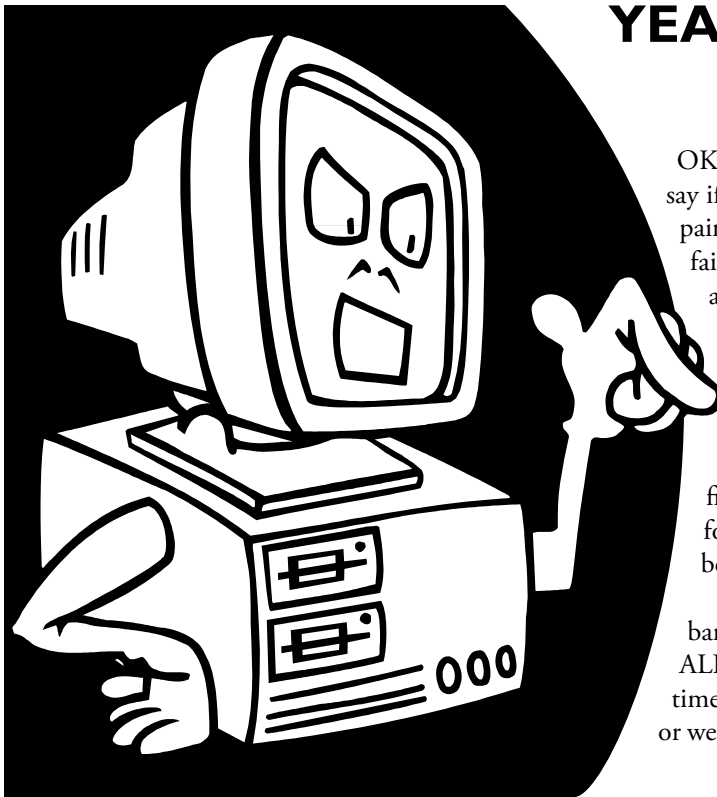
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## YEAH YEAH, BACKUP BACKUP, *Nag Nag!*

OK, my clients are used to hearing it, "backup backup backup." I can say it often but it's never too often. Let me put it another way, how much pain are you willing to endure? The hard drive in your computer WILL fail someday. So WHEN it does, how are you going to feel? School's almost out for the summer. How will you feel when that final paper or report disappears right before you're ready to submit it to the teacher or professor?

Maybe you're a young family, and you have thousands of digital photos and videos recording everything your babies have done their first few years. Their first haircut, first birthday, first Christmas, the first time they walk, their FIRST WORDS! All in a pristine, digital format that is very easy to duplicate, yet all GONE, possibly never to be seen by anyone again.

You use something like Quicken or Microsoft Money and keep your banking records on your computer, or you own your own business and ALL your financial records are stored on your hard drive. It's almost tax time and the information can't be retrieved. You now have to spend days or weeks recreating your records as best you can (this happened to a client of

*(Continued on Page 11)*

## Electricity is **ON SALE** at StarTex Power!



Alan "Petrodamus" Lammey, host of 'Energy Week', can be heard every Sunday on 1070 KNTH in Houston.

I'm Texas Energy Analyst, Alan Lammey. In case you didn't know, electricity rates are currently at lows not seen in years, which means that NOW is the time to lock in a very low electricity rate with the provider that I highly recommend to all my radio show listeners: StarTex Power. StarTex Power is local and reputable, with some of the most competitive rates available in all of Texas. You can switch right online at [www.StarTexPower.com](http://www.StarTexPower.com)

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# Lakes on Eldridge

## Yeah Yeah, Backup Backup - (Continued from Page 10)

mine.) The “computer ate my homework” won’t fly with the IRS.

So I’ll ask you again, how much pain are you willing to endure? You do have a few options to backing up your valuable data. One way is to do it yourself (I’ll go into more detail later.) Another way to preserve your memories is to pay someone else to do it. Yet a third way is probably the most common way, intentional or not – prayer. No plan, no system, just the hope that nothing goes wrong with their computer. Since I’m not aware of a Patron Saint of the PC, I’ll concentrate on the first two methods – you’re on your own for the third option.

Want to do it yourself? Purchase an inexpensive external hard drive and plug it into your computer’s USB port. You can pick up a 500GB (that’s gigabyte) external hard drive at Best Buy for around \$80, and maybe a terabyte drive (that’s 1,000 gigabytes) for \$100. If you like to shop around online you can probably find something even cheaper. Just about anything you buy will include backup software. If you don’t like it, you can try downloading my favorite, SyncBack. Go to 2BrightSparks.com, click on “Downloads” and choose their freeware. Download SyncBack in whatever language you like and go at it.

Of course, if you’re not inclined for any reason to do it yourself, you can always pay someone to do the above for you. Also, you can keep the “upfront” cost to a minimum by going with an online solution. Two advantages are you don’t have to spend very much up front, and the other is that even in the event of burglary, fire, etc. you can buy a new computer and download all your backed up files. The two most well known services are Mozy and Carbonite, they cost about the same (\$55 a year.) Mac users also have me.com as an option (though it is a little more expensive.)

Now, not all hope is lost if your hard drive should fail. There are services available that will take your hard drive, have employees in “bunny suits” take it into a “clean room” (much cleaner than an operating room), disassemble it, remove the platters (the parts with the information) and rebuild it with matching parts in an attempt to extract the data. IF they are successful, plan on spending approximately \$2,000 to get the data back. It that’s a lot of money to you, then look at doing it yourself or hire an expert to do it for you. It’s not hard at all to do – but you need to do it. If you don’t, you’re going to remember how you were “nagged” and didn’t do anything when you could have, and there will be a geek waiting for your phone call.



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## Can the Weather Affect My Child's Asthma?

### Weather and Asthma

The effect of weather on asthma symptoms isn't fully understood, but clearly there is a link. Numerous studies have shown a variety of connections, such as increases in asthma-related emergency department visits when certain weather conditions are present. Some people find that their asthma symptoms get worse at specific times of year. For others, a severe storm or sudden weather change may trigger an attack.

Exposure to cold, dry air is a common asthma trigger and can quickly cause severe symptoms. People with exercise-induced asthma who participate in winter sports are especially susceptible. Dry, windy weather can stir up pollen and mold in the air, leading to problems for some people.

Hot, humid air also can trigger asthma symptoms, and wet weather encourages the growth of mold spores, another asthma trigger. In certain areas, heat and sunlight combine with pollutants to create ground-level ozone, which is also an asthma trigger.

Studies have shown that thunderstorms can trigger asthma attacks. One study showed that during thunderstorms, the daily number of emergency department visits for asthma increased by 15%. The study concluded that the problem was caused by the number of fungal spores in the air, which almost doubled. It wasn't rain, but the wind, that caused this increase. Changes in barometric pressure may also be an asthma trigger.

### Avoiding Allergy Triggers

If you suspect weather is playing a role in your child's asthma, keep a diary of asthma symptoms and possible triggers and talk to your child's doctor. Once you know what kind of weather triggers asthma symptoms, you can take steps to protect your child:

- Watch the forecast for pollen and mold counts as well as other conditions (extreme cold or heat) that might affect your child's asthma.

- Limit your child's outdoor activities on peak trigger days.
- Make sure your child wears a scarf over his or her mouth and nose outside during very cold weather.
- Keep windows closed at night to keep pollens and molds out. If it's hot, use air conditioning, which cleans, cools, and dries the air.
- Keep your child indoors early in the morning (before 10 AM) when pollen is at its highest levels.
- Your child shouldn't mow the lawn or rake leaves, and should be kept away from freshly cut grass and leaf piles.
- Dry clothes in the dryer (hanging clothes or sheets to dry can allow mold or pollen to collect on them).
- Make sure your child always has rescue medication on hand.

Your child's written asthma action plan should list weather triggers and ways to manage them, including any seasonal increases in medication. A child whose asthma seems to be allergy-related may also need to see an allergist for medication or allergy shots.

*Reviewed by: Elana Pearl Ben-Joseph, MD*

*Date reviewed: June 2007*

**This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation**

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| 2009 / 2010 | LAKES ON ELDRIDGE NORTH |                 |                 | LAKES ON ELDRIDGE |                 |                 |
|-------------|-------------------------|-----------------|-----------------|-------------------|-----------------|-----------------|
| QUARTER     | # of Homes Listed       | # of Homes Sold | Absorption Rate | # of Homes Listed | # of Homes Sold | Absorption Rate |
| Quarter 1   | 35                      | 17              | 48.5%           | 23                | 4               | 17.3%           |
| Quarter 2   | 27                      | 21              | 77.7%           | 27                | 16              | 59.2%           |
| Quarter 3   | 14                      | 10              | 71.4%           | 20                | 9               | 45.0%           |
| Quarter 4   | 20                      | 6               | 30.0%           | 13                | 6               | 46.0%           |
| Total       | 96                      | 54              | Avg: 56.9%      | 83                | 35              | 42.1%           |

*Absorption rate = sold/listed x 100*

*Thank You!*

Special Thanks  
to all who participated  
in the food drive for  
February & March.



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*Resident of Lakes on Eldridge North*

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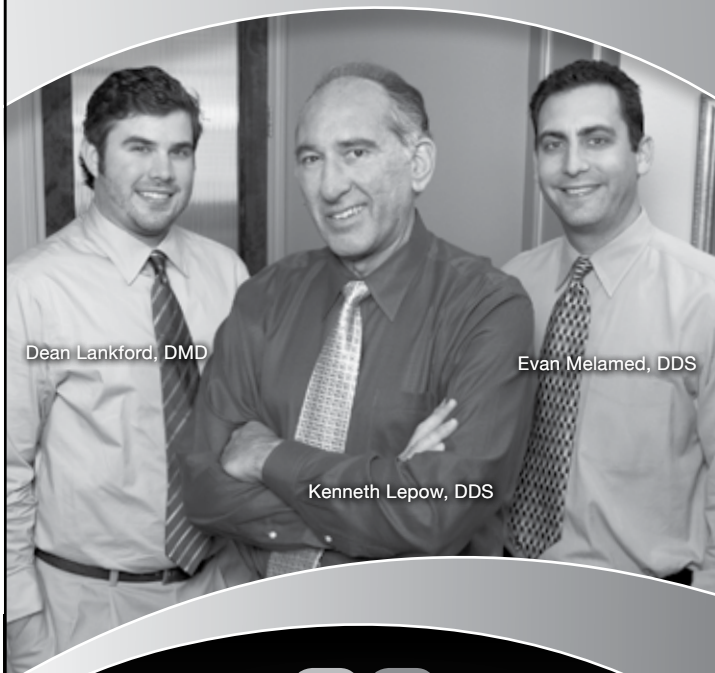
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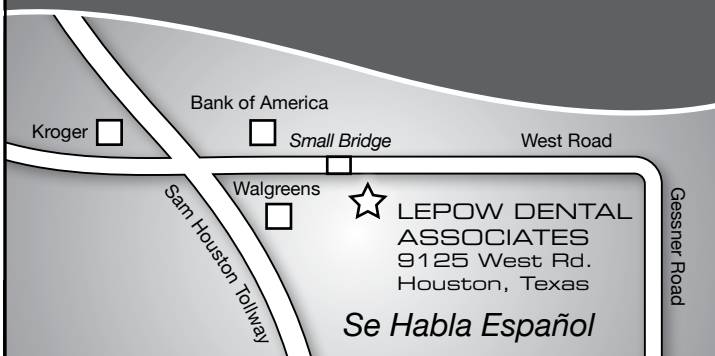
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# Lakes on Eldridge

## Swans Can Be Dangerous!

It's springtime again, and you can expect to see some new arrivals of cygnets on our lakes. Mother Nature provides our LOE swans with some common sense. At this time of year they feel the need to protect their territory against predators including humans, dogs, and waterfowl. Our cobs (males) will become aggressive and territorial in trying to protect their pens (female) and nest. This is usually temporary until mating season is over. If you are walking past a lake and a swan swims to your side and follows you, BEWARE! If you see a swan with his neck back and feathers up please stay away! Do not attempt to feed him, and walk on the other side of the street as he is in his ATTACK position. Please warn your nannies and sitters not to stroll babies around the swans. Please remember that the swans are merely protecting their territory and readying the area for their young. We need to be as cautious of them as they are of us. Thank you for your cooperation!



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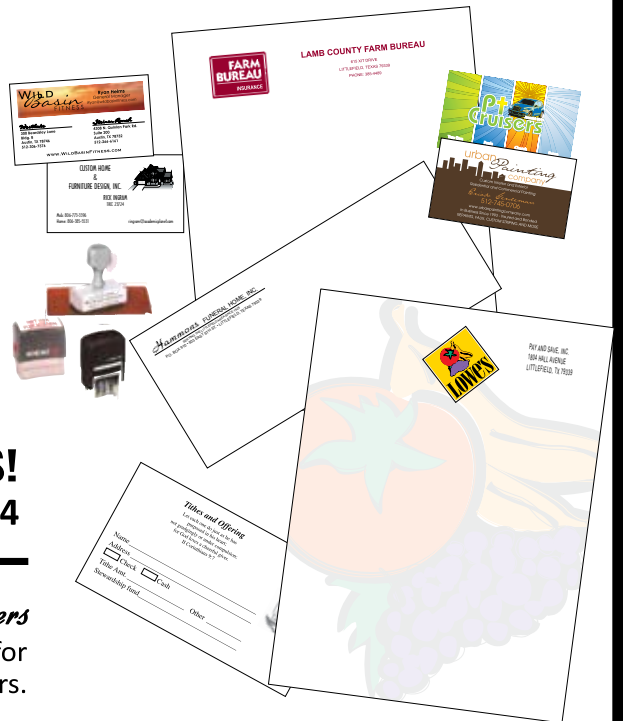
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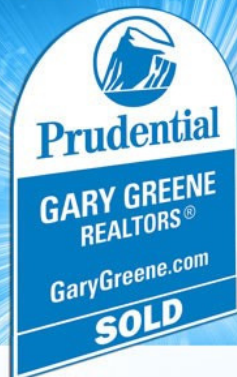
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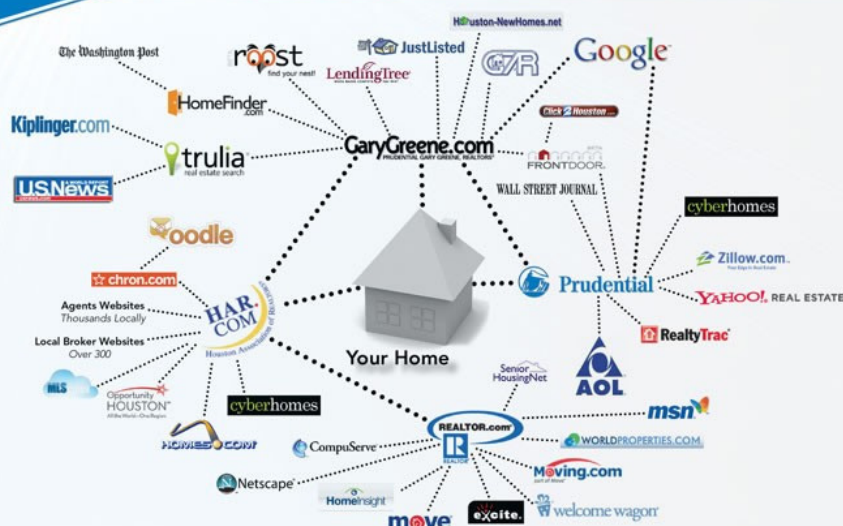
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\* Source: 2009 National Association of Realtors Profile of Homebuyers and Homesellers.



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# Lakes on Eldridge

## Lone Star College - CyFair Perspective

### Graduation Orientation Set Monday, May 10

All Lone Star College-CyFair graduates planning on participating in the commencement ceremony May 15 at the Berry Center, should attend the May10 orientation at 6:30 p.m. in the LSC-CyFair Conference Center for all ceremony information. For graduation information, call 281.290.3200, e-mail nathan.r.lynn@lonestar.edu or go to LoneStar.edu/graduation.

### Registration Under Way for Summer and Fall

Summer and fall registration are under way at Lone Star College-CyFair and Lone Star College-Fairbanks Center. With courses designed to transfer to four-year institutions, two-year associate degrees and career programs developed to meet the needs of tomorrow, LSC-CyFair has everything to meet your interests as well as academic and workforce needs. Financial aid, scholarships and payment plan available. For the best selection on the courses and times that will fit your schedule, register now! Call 281.290.3200 or 832.782.5000 for information; go online to LoneStar.edu; or visit one of our conveniently located campuses at 9191 Barker Cypress or 14955 Northwest Freeway.

### Wanted: People Who Need a Massage!

Come get a massage from the LSC-CyFair Massage Therapy

Program students. Get an hour massage for just \$25. It's a win-win situation – you get a massage and with your help, these students will earn hours to be eligible to take the state or national board exam to become a Massage Therapist at the end of the summer. Massages will be offered Monday through Thursday only, from 9 a.m. to 9 p.m. starting Wednesday, May 19 through Thursday, Aug.19. Call 832.482.1022 or e-mail cfmtherapy@lonestar.edu to schedule an appointment.



### What's in the Gallery and on Stage?

Check out the end-of-the-semester Student Art Exhibition featuring the work of LSC-CyFair visual art students through May 6. Go to LoneStar.edu/bosquegallery for gallery hours and information. In the Main Stage Theatre, enjoy the Lyric Opera's "Masquerades and Revolutions" featuring music from "The Phantom of the Opera" and "Les Miserables." For information, call 281.290.5201 or go to LoneStar.edu/boxoffice.

### Library Offers Summer Fun for Everyone

The Harris County Public Library Lone Star College-CyFair Branch offers a Summer Reading Program for children and adults. A variety of monthly book clubs for all ages are available as well as plenty of programs and activities.


*(Continued on Page 19)*



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# Lakes on Eldridge

## **Lone Star College - (Continued from Page 18)**

Registration for the Summer Reading Program begins June 4. Go online to [LoneStar.edu/library](http://LoneStar.edu/library) or call 281.290.3211 for information.

### **It's Not Too Late to Register for Summer Discovery College**

Registration for Lone Star College-CyFair's popular Discovery College summer camp for ages 6 to 14 is under way. The five-day summer sessions, which begin June 7, are fun and educational programs to develop skills in a friendly environment. Camps are offered at the Barker Cypress campus and the Fairbanks Center campus, Monday through Friday. The cost of the weeklong half day sessions is \$99 per class. For information, go to [LoneStar.edu/youth-classes-cyfair](http://LoneStar.edu/youth-classes-cyfair) or call 281.290.3460.

### **Teen Driver's Education Available This Summer**

Summer driver's education courses for teens ages 15 to 17 are available starting June 7, July 6 and again Aug. 2. The in-classroom 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.

Complete the registration form in person at in MOD1 or online at [LoneStar.edu/drivers-ed-ce](http://LoneStar.edu/drivers-ed-ce). Call 832.482.1043 for information.

### **L.I.F.E. Lessons in May**

The Learning, Inspiration, Fellowship and Enrichment (L.I.F.E.) programs are free and held Wednesdays at 10 a.m. in the Lone Star College-CyFair Branch Library (Room 131.) Programs in May include "The Art of Beautiful Handwriting" May 5; "Extreme Measures - What extraordinary things will the human being do to survive?" (graphic material, viewer discretion advised) May 12; "Fried Vietnamese Egg Rolls" (room change to HSC 105) May 19; and "Playing with Fire" (room change to Center for the Arts Ceramics Studio 117) May 26. Call the library at 281.290.3214 for L.I.F.E. program information or go online to [LoneStar.edu](http://LoneStar.edu).

### **Ever Thought About a Career in Teaching?**

Lone Star College-CyFair will host an Alternative Teacher Certification Program (ATCP) information session Tuesday, May 11 from 6 p.m. to 7:30 p.m. at 9191 Barker Cypress. The program is designed for individuals who have a bachelor's degree and want to enter the teaching profession. A question and answer period will follow the presentation. This information session will also provide information on a new Clinical Teaching option which provides students training and field-based experience at the appropriate grade level or content area. For information, call 281.290.3957, e-mail [cy-fair.tcp@lonestar.edu](mailto:cy-fair.tcp@lonestar.edu) or go to [LoneStar.edu/cyfair-atcp](http://LoneStar.edu/cyfair-atcp).

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|--------------------------|------------------------|------------------------|------------------------|
| <b># of Listings</b>     | 12                     | 3                      | 27                     |
| <b>Price Range:</b>      | \$255,000<br>\$875,000 | \$279,750<br>\$359,900 | \$230,000<br>\$772,000 |
| <b>Average Price</b>     | \$468,076              | \$313,200              | \$371,440              |
| <b>Avg Price/sq.ft.</b>  | \$127.19               | \$102.42               | \$103.38               |
| <b>Avg DOM</b>           | 75                     | 15                     | 94                     |
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# - Kids Stuff -

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

## Why Exercise Is Cool

Kids exercise all the time without even thinking of it. Just being active, like when you run around outside or play kickball at school, is a kind of exercise. What else counts as exercise? Playing sports, dancing, doing push-ups, and even reaching down to touch your toes.

When you exercise, you're helping build a strong body that will be able to move around and do all the stuff you need it to do. Try to be active every day and your body will thank you later!

### EXERCISE MAKES YOUR HEART HAPPY

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing aerobic (say: air-o-bik) exercise.

**Aerobic** means "with air," so aerobic exercise is a kind of activity that requires oxygen. When you breathe, you take in oxygen, and, if you're doing aerobic exercise, you may notice you're breathing faster than normal. Aerobic activity can get your heart pumping, make you sweaty, and quicken your breathing.

When you give your heart this kind of workout on a regular basis, your heart will get even better at its main job — delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body. So you want to do some aerobic exercise right now? Try swimming, basketball, ice or roller hockey, jogging (or walking quickly), inline skating, soccer, cross-country skiing,

biking, or rowing. And don't forget that skipping, jumping rope, and playing hopscotch are aerobic activities, too!

### EXERCISE STRENGTHENS MUSCLES

Another kind of exercise can help make your muscles stronger. Did you ever do a push-up or swing across the monkey bars at the playground? Those are exercises that can build strength. By using your muscles to do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too.

Here are some exercises and activities to build strong muscles:

- push-ups
- pull-ups
- tug-of-war
- rowing
- running
- inline skating
- bike riding

### EXERCISE MAKES YOU FLEXIBLE

Can you touch your toes easily without yelling ouch? Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels really good, like when you take a big stretch in the morning after waking up. Being flexible is having "full range of motion," which means you can move your arms and legs freely without feeling tightness or pain.

It's easy to find things to do for good flexibility:

- tumbling and gymnastics
- yoga
- dancing, especially ballet
- martial arts
- simple stretches, such as touching your toes or side stretches

### EXERCISE KEEPS THE BALANCE

Food gives your body fuel in the form of calories, which are a kind of energy. Your body needs a certain amount of calories every day just to function, breathe, walk around, and do all the basic stuff. But if you're active, your body needs an extra measure of calories or energy. If you're not very active, your body won't need as many calories.

Whatever your calorie need is, if you eat enough to meet that need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as excess fat.

### EXERCISE MAKES YOU FEEL GOOD

It feels good to have a strong, flexible body that can do all the activities you enjoy — like running, jumping, and playing with your friends. It's also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive.

But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases a chemical called endorphins (say: en-dor-funz), which may make you feel happier. It's just another reason why exercise is cool!

Reviewed by: Mary L. Gavin, MD  
Date reviewed: February 2009

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation



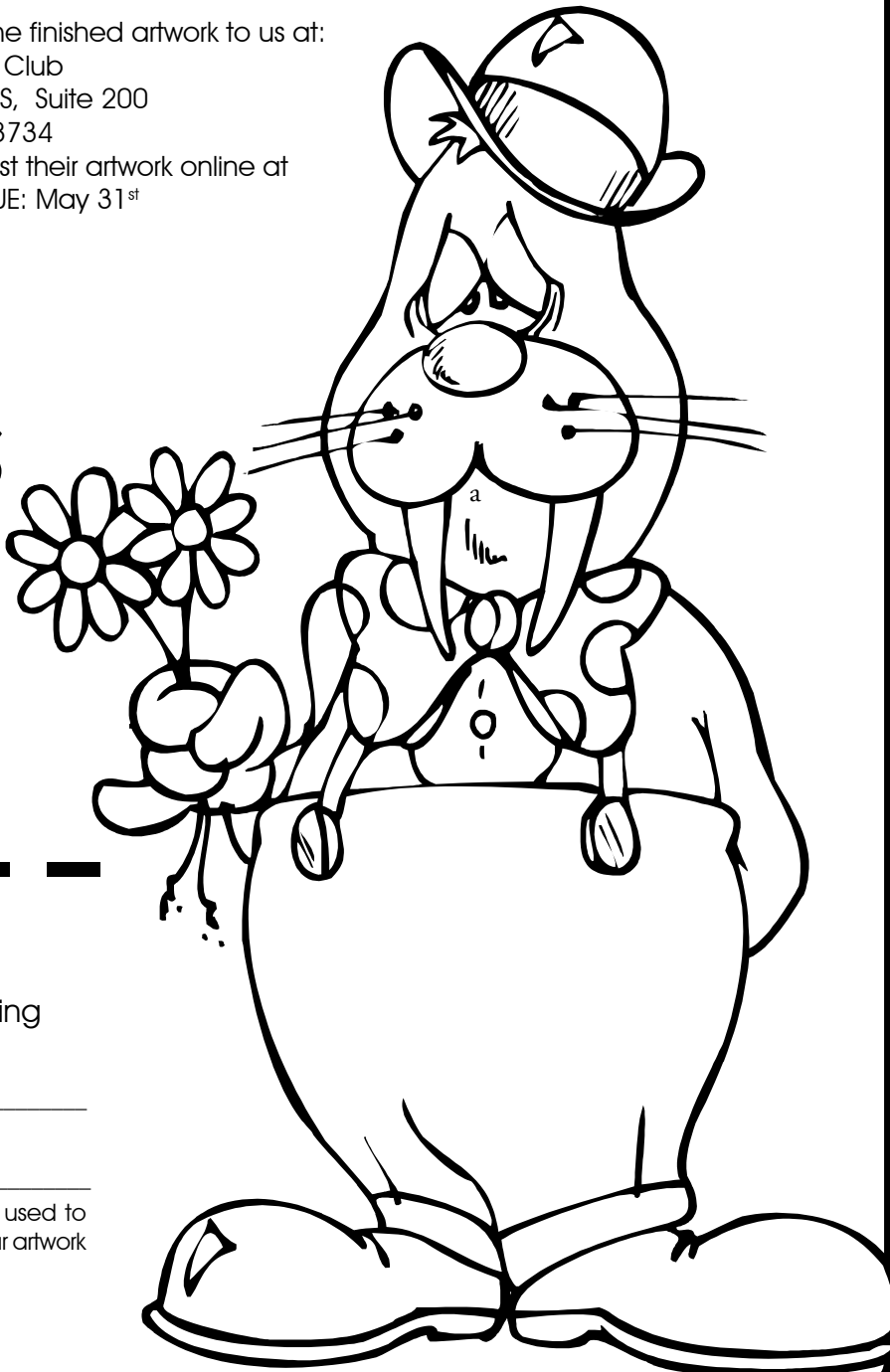
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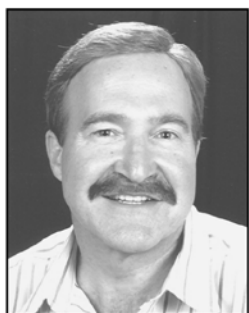
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- RE/MAX Westside #1 TOP PRODUCER for 21 years in a row!! (1989 - 2009)
- Top 25 Residential Realtors in Houston Area - out of 20,000 HAR members (Per Houston Business Journal)
- Certified Residential Specialist (Designation held by only 4% of all Realtors)
- RE/MAX Hall of Fame & Lifetime Achievement Award
- Broker License, BBA, Relocation Expert, Over 30 Years of Real Estate Experience

**#1 in LOE SALES!!!!**