



Cy-Fair ISD & Volunteers In Public Schools (VIPS):

"iVolunteer"

"iVolunteer"! Do you? Or a better question would be "Do you want to volunteer?" And if the answer is "yes" or even "maybe", here's the perfect group for you. VIPS (Volunteers in Public Schools) in Cy-Fair ISD center the attention of their service on supporting students and staff and making a significant contribution to the education of children. These dedicated individuals, who give freely of their time and resources, impact the academic and personal development of Cy-Fair ISD students. Cypress-Fairbanks ISD is fortunate to be able to draw from a diversity of skills and knowledge in its community.

If you are interested in being involved at Cy-Fair schools as a volunteer and making a difference, or would like more information, please contact Pam Scott, Partners in Education Director at 281-894-3950.

February 2010 Events

- **February 4 - Multicultural Meeting – 9:30 a.m. to 12:00 p.m., Berry Center.** Open to all CFISD school staff, volunteers, parents and community members. The purpose of the CFISD Multicultural Committee is to raise the level of cultural understanding and respect by sharing information with the CFISD community to encourage cultural sensitivity and parental involvement to strengthen student success.
- **February 8 - Galveston Bay Training – 9:30 a.m. to 12 p.m., Berry Center.** Open to all CFISD school staff, volunteers, and parents. Learn how to present a TEKS based science lesson to 4th grade students at your school. Students will learn about the importance of our bay and waterways and what measures can be taken to protect this life-giving estuary.
- **February 8 - PIE Student Mentor Training – 6 p.m. to 8 p.m., Berry Center.** Training for individuals committed to serve as a role model and friend to CFISD students. District approved mentors meet with students weekly during school hours on school campuses. Along with this two hour training, an application and criminal background check are required.
- **February 10 - VIPS General Meeting – 9:30 a.m. to 12 p.m., Berry Center.** Open to all CFISD volunteers, parents, staff and community members. Get the latest information on CFISD volunteering and learn through networking!
- **February 17 - VIPS TAG Team Meeting – 9:30 a.m. to 12 p.m., Berry Center.** Training for individuals who are interested in working directly with students to help them reach their full academic potential.
- **February 22 - Galveston Bay Training – 9:30 a.m. to 12 p.m., Berry Center.**
Register for training by emailing the PIE office at vipsrvp@cfisd.net.

(Continued on Page 2)

Yoga and Meditation Practice

After a long day, come stretch and unwind with some gentle yoga and relaxation meditation. No experience or flexibility needed except for a willing heart and open mind, and it is open to all residents free of charge. Wear comfortable clothing and bring a mat (borrowing mats are available at the class).

Upcoming meetings will be in the Lakes on Eldridge Club House unless otherwise noted, at the following times and days:

- YOGA: 7:30 pm on the 1st, 3rd, 8th, 15th (PARTNER Yoga: bring a friend! By the pool weather permitting), 17th, 22nd of February, 1st and 3rd of March.
- YOGA: 8:45 am on the 5th, 12th, 19th, 26th of February, 5th of March.
- MEDITATION: 9:30 am on the 5th, 12th, 19th, 26th of February, 5th of March.

Contact Jennifer Adams, adamsjjenn@gmail.com and 713-466-1346 for more information.

Lakes on Eldridge

IMPORTANT NUMBERS

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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
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Visit the Association Website:
www.lakesoneldridge.net

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Cy-Fair ISD & VIPS- (Continued from Cover Page)

VIPS Tag Team Volunteer Orientation Scheduled

Cypress-Fairbanks ISD needs caring members of the community to join the State Award Winning VIPS TAG Team (Targeting Achievement Globally). This team of volunteers works with the district's helping teachers to tutor students in science and math on selected elementary school campuses. The VIPS TAG Team was recently named a Crystal Award Winner by the Texas Association of Partners in Education because of its contributions to the students in Cy-Fair ISD.

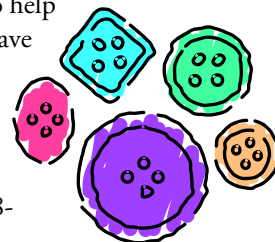
You do not need to be a parent or family member of a student to become a volunteer team member. You can become a global volunteer – a caring resident of the community who wants to help children reach their full academic potential. No previous specialized knowledge or training is necessary; all training and materials will be provided by the campus helping teachers. We do ask that team members be willing to volunteer on a consistent, weekly schedule so that the students receive the utmost benefit.

An informal orientation meeting will be held on February 17, 2011, from 9:30-11:30, at the Richard E. Berry Educational Support Center, 8877 Barker Cypress Road. This meeting is a great opportunity to gather with district administrators, current TAG Team members and fellow volunteers to learn more about the program. In order to keep up with increasing demand for tutors, we need your help! *For more information, please contact Yvonne Bukowski (ybukowski@yahoo.com or 281-304-0185) or the CFISD Partners in Education Office (Pamela.scott@cfisd.net or 281-894-3950).*

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, do needle point, embroidery, and counted cross stitch, plus mend items and sew on buttons that we have put off much too long. We make quilts for family members, shawls for cancer patients, and 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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The Year in Real Estate • Lakes on Eldridge

Price Range	Avg. on Sales Under \$500,000		Avg. on Sales Over \$500,000	
Year	2009	2010	2009	2010
Number of Sales	34	34	8	11
List Price	\$336,510	\$321,297	\$665,837	\$681,354
*Sales Price	\$322,543	\$311,055	\$632,314	\$645,627
Lot Size	10,557	9,239	12,563	13,257
Square Footage	3,256	3,222	4,899	4,835
Price Per Sq.Ft.	\$99.06	\$96.54	\$129.07	\$133.53
Days on market	59	58	111	98
SP/LP Ratio	96%	97%	95%	95%

* Adjusted Sales Price is calculated after Sellers Contribution to Closing Costs or Repairs by sellers.

ATTENTION! ATTENTION! ATTENTION!

H.R. 4853: Real Estate Provisions in the 2010 Tax Relief Bill

Below are a few of the provisions that might be of interest to you:

- Retention of Bush-era tax brackets through the 2011 and 2012 tax years.
- Retention of the capital gains tax rate of 15 percent for assets sold or disposed of during 2011 and 2012.
- Reduction of payroll taxes: during 2011 self-employed will have a 10.4% rate.
- Extension of numerous energy efficiency credits through December 31, 2011, for homeowners who make *specified* energy-related improvements.

For more details on the provisions see the full summary on realtor.org.



Lakes on Eldridge

Book Club & Bible Study

Our resolution for the New Year: more variety in our books! Book Club tries to cover a wide variety of topics so we each get out of our comfort zone and read something different. 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. Also, if you have a book recommendation please drop her a note at celeste.fritz@gmail.com

UPCOMING BOOKS:

- **February 28, 2011** – *A Conspiracy of Paper* by David Liss. Benjamin Weaver, a Jew and an ex-boxer, is an outsider in eighteenth-century London, tracking down debtors and felons for aristocratic clients. The son of a wealthy stock trader, he lives estranged from his family, until he is asked to investigate his father's sudden death. Thus Weaver descends into the deceptive world of the English stock jobbers, gliding between coffee houses and gaming houses, drawing rooms and bordellos. The more Weaver uncovers, the darker the truth becomes, until he realizes that he is following too closely in his father's footsteps--and they just might lead him to his own grave. An enthralling historical thriller, *A Conspiracy of Paper* will leave readers wondering just how much has changed in the stock market in the last three hundred years.
- **March 28, 2011** - *The Hotel on the Corner of Bitter and Sweet* by Jamie Ford. Set during one of the most conflicted and volatile times in American history, *Hotel on the Corner of Bitter and Sweet* is an extraordinary story of commitment and enduring hope. In the opening pages of Jamie Ford's stunning debut novel, Henry Lee comes upon a crowd gathered outside the Panama Hotel, once the gateway to Seattle's Japantown. It has been boarded up for decades, but now the new owner has made an incredible discovery: the belongings of Japanese families, left when they were rounded up and sent to internment camps during World War II. As Henry looks on, the owner opens a Japanese parasol. This simple act takes old Henry Lee back to the 1940s, at the height of the war, when young Henry's world is a jumble of confusion and excitement, and to his father, who is obsessed with the war in China and having Henry grow up American.

The Lakes on Eldridge Bible Study group will resume study on January 11, 2011 at the LOE Club House. The Book of James is the focus of our study this Winter/Spring session. This twelve week study from the NavPress™ Life Change Series covers an Overview of the book, Facing Trials, Trial or Temptation?, Doing What You Hear, No Favorites, Genuine Faith, Controlling the Tongue, Wisdom, Whose Friend?, More on Pride, Patience and Prayer, and a final review.

James is believed to have been the brother of our Lord Jesus Christ. He understood and lived by the Jewish Law. He also understood that the meek would inherit the Kingdom of God, the persecuted are blessed, and true believers in Jesus Christ live the life that Jesus demonstrated. Fortunately for us, he recorded his faith in a letter to the twelve tribes of Israel so that they too would understand the path to the eternal kingdom.

Please join us for this important study at 9:15 AM for fellowship, and study from 9:30 to 10:30, then prayer and praises from 10:30 to 11:30. If you would like to pre-register, please email Stephanie at mrstjl10179@gmail.com. Study guides are available for \$10.00.





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Just a reminder

If you bought a home
(as your primary residence)
in 2010, don't forget to file your
Homestead Exemption
by the end of April 2011
to get your tax benefit.

Happy Valentines Day!



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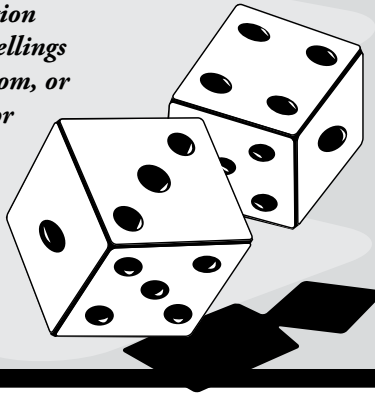


Lakes on Eldridge

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, or
call 713-628-7083 or
713-896-1652.*



Attention NW Harris County Tri Delta Alumnae



Mark your calendars to join your Tri Delta sisters for our social gathering "Chicks, Chocolates, and Crescent Moons" Tuesday, February 8th at 7:00 pm. Our group meets on the second Tuesday of every month September - April. We have a diverse group of women of all ages from a variety of colleges. For more information, please contact Christina at 281 -855-6893 or Karen at trideltanews@yahoo.com

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

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PUCT #10089



Cy-Fair Project Prom

General Meetings

Mark your calendars for the following General Meetings held on the 4th Monday of each month:

- February 28th
- March 21st
- April 11th

Meetings begin at 7pm and are held in the Cy-Fair HS Cafeteria! Come see how you can earn points while learning about all the opportunities to help make Project Prom 2011 a raving success! Earn Points for wearing your PP T-Shirt! Don't forget to wear it!

Aramark Concessions

Project Prom Booth #546

We have 4 events we can do to help raise more funds for the Project Prom but we need your help - Monster Jams & Moto-Cross! Please, please take a few seconds to check your crazy schedule and contact Brett Bidinge at brett@bidingerdesign.com for more information.

The following are the dates:

- Feb 5th - Monster Jams
- Feb 12 - Moto- Cross

Project Prom will be working Aramark Concession booth #546. If you can't help, then be sure to come buy and purchase all your food and beverage needs! Aramark will be donating a percentage of the proceeds to Project Prom! This takes a lot of work and effort from many of our awesome parents! Stop by, make a purchase and make it worth their while or even better make it worth your while and come volunteer your time with us! A big shout out to Brett Bidinge for pulling this all together for us!

Denim & Diamonds Dinner & Dance

The annual Denim and Diamonds Dinner, Dance and Silent Auction will be held at the Houston National Golf Club on February 12th. For more information contact Bonnie Glover at blsglv@aol.com or Aida Millian at millianloans@aol.com.

Cy-Fair Project Prom Golf Tournament

Great Day Out for A Great Cause!

Grab your golf shoes & polish those clubs! Registration has begun for our Annual Cy-Fair Project Prom Golf Tournament held on April 1st, 12pm at the amazing Houston National Sterling Country Club located in the Stone Gate subdivision. We would like to encourage you to register your Teams and Sponsors TODAY! For more information, contact Brett Bidinge at brett.bidingerdesign.com

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Lakes on Eldridge

American Business Women's Association *Cy-Fair Express Network (CYFEN)*

EVENT: Cy-Fair Express Network Monthly Networking Luncheon

WHEN: February 24, 2011

TIME: 11:30 am – 1:00 pm

WHERE: Houston National Golf Club
16500 Houston National Blvd
Houston, TX 77095

NETWORKING AND BUSINESS LUNCHEON

Cy-Fair Express Network invites you to their monthly meeting and luncheon. Bring plenty of business cards for networking. Please make reservations online by February 18 @ www.cyfen.org or call Darlene Hajduk @ 713-939-9730.

Vendors are now invited to register for the 2011 Cy-Fair Women's Expo on April 28, 2011. Details @ www.cyfen.org.

Our mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

Cy-Fair Women's Expo

EVENT: Cy-Fair Women's Expo

WHEN: April 28, 2011

TIME: 11:00am – 2:00pm

WHERE: Sterling Country Club
at Houston National
16500 Houston National Blvd
Houston, TX 77095



The Cy-Fair Express Network will host the 2nd Annual Cy-Fair Women's Expo on Thursday, April 28, 2011, from 11am-2pm, at Houston National Golf Club. This event is free to the public. Vendor registration and additional information is available @ www.cyfen.org or by emailing expo@cyfen.org. Hurry, space is limited.

Since its inception in 2003, CYFEN, a local network of the American Business Women's Association, has been dedicated to bringing together businesswomen of diverse occupations and providing opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking, support, and national recognition.

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and many others...

- Blackhorse Ranch
- Bridgeland
- Chelsea Harbour
- Coles Crossing
- Copperfield
- Cypress Mill
- Cypress Point
- Eagle Springs
- Enchanted Valley
- Fairfield
- Fairwood
- Harvest Bend The Village
- Lakemont
- Lakes of Fairhaven
- Lakes of Rosehill
- Lakes of Savannah
- Lakes on Eldridge
- Lakes on Eldridge North
- Lakewood Grove
- Legends Ranch
- Longwood
- North Lake Forest
- Riata Ranch
- Shadow Creek Ranch
- Silverlake
- Steeplechase
- Stone Gate
- Summerwood
- Village Creek
- Villages of NorthPointe
- Willowbridge
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February Texas Events



10-12—HOUSTON: Dominic Walsh Dance Theater The U.S. premiere of Swedish choreographer Mats Ek's Pas de Dans is paired with the world premiere of Dominic Walsh's Victor Frankenstein, based on Mary Shelley's classic novel and co-conceived by local writer Addie Tsai. Begins at 7:30 p.m. www.dwdt.org 713/315-2525

11-27—PORT ARTHUR: Grease Port Arthur Little Theatre. www.palt.org 409/722-7732

12, 26—ARANSAS PASS: Farmers' Market/Trade Days Hours are 9 a.m. to 2 p.m. 130 W. Goodnight. www.aransaspas.org 361/332-6574

13—GALVESTON: The Rob Landes Trio: "Love in the Afternoon" Begins at 3 p.m. The Grand 1894 Opera House. www.thegrand.com 800/821-1894

15—HOUSTON: Academy of St. Martin in the Field Octet Begins at 8 p.m. www.houstonfriendsofchambermusic.org 713/348-5400

17-18—HOUSTON: Ella This musical tells the story of the "The First Lady of Song," Ella Fitzgerald. Begins at 8 p.m. Wortham Center's Cullen Theater.

19—GALVESTON: Roger Llewellyn: Sherlock Holmes..."The Death & Life" This fantasy based upon a fiction finds Conan Doyle tiring of his intolerably arrogant Sherlock Holmes character and inventing the malevolent Moriarty to dispose of him. Begins at 8 p.m. The Grand 1894 Opera House. www.thegrand.com 800/821-1894

19—GALVESTON: Sacred Places Tour Celebrate Galveston's rich religious heritage as area churches open their doors to welcome visitors and share their histories. A wide range of religious traditions and building styles will be featured. www.galvestonhistory.org/Sacred_Places.asp 409/765-7834

19—LAKE JACKSON: Bird Banding the public is invited to join workers collecting data on bird populations at the Bird Observatory. www.gcbo.org 979/480-0999

20—BEAUMONT: Snow White & the Seven Dwarfs Julie Rogers Theatre, 765 Pearl. 409/838-3435

20—GALVESTON: Gladys Knight in Concert Begins at 5 p.m. The Grand 1894 Opera House. www.thegrand.com 800/821-1894

23-26—HOUSTON: Texas Carnival Glass Club Convention & Auction This 32nd-annual event celebrates a 100-year-old variety of iridized glass that has gone from pennies per piece to become quite valuable. Events include seminars, speakers,

an auction of about 300 pieces, displays, vendors and more.

Sheraton Houston Brookhollow Hotel. www.texasarcnivalglass.org 979/836-7896

23-Mar. 13—HOUSTON: Billy Elliot: The Musical Presented by Theatre Under the Stars. Hobby Center for the Performing Arts. www.tuts.com 713/558-8887

24-Mar. 6—HOUSTON: Marie The Houston Ballet offers a new perspective on the controversial and fascinating life of Marie Antoinette. Stylized sets and a sumptuous score by the Russian composer Dmitri Shostakovich add depth to this absorbing tale of pomp and circumstance. Brown Theater at Wortham Theater Center. www.houstonballet.org

25—HOUSTON: ScrapArtsMusic Canadian quintet transforms stages into eco-friendly musical realms, performing original, beat-driven music using more than 145 mobile sculptural instruments. Wortham Center's Cullen Theater. www.spahouston.org

25-Mar. 8—GALVESTON: Mardi Gras Galveston The island celebrates its 100th Mardi Gras with spectacular parades, elaborate masked balls, flamboyant costumes and live entertainment. Historic downtown. www.mardigrasgalveston.com 409/797-5143

26—BEAUMONT: Symphony of Southeast Texas Julie Rogers Theatre, 765 Pearl St. www.sost.org 409/892-2257

26—HOUSTON: Compagnie La Baraka This contemporary dance ensemble, makes its Houston debut performing A World in Itself, a new work featuring seven dancers and the Debussy Quartet. Wortham Center's Cullen Theater. www.spahouston.org

Texas Events has been published with the permission of the Texas Department of Transportation. All events are taken in part from the Texas Events Calendar. All dates for events were correct at the time of publication and are subject to change.



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HOME TRENDS IN LOEN & LOE

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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— Kathrin A.

"Karen was great! She was available at all different times and was a great advocate for us with the Mgmt leasing co. It was great to find a Realtor that was willing to show rentals and not just homes for sale. She was really nice to work with - I wish she was my neighbor."

— Tia & Edward B.

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Tips for Enjoying Networking Events

By Amy Wolfgang, M.Ed.

Many of us know someone who is in the midst of a job search. They may be looking for their first job after graduating, a new job after being laid off, or a totally new career. Job seekers use many different avenues to find a job but one of the most effective is networking. It is one thing to speak with your neighbor about opportunities at his or her company but, eventually, many job seekers will need to utilize different networking events.

Great opportunities are found at networking events but, at the same time, they can be intimidating because we may not know anyone there. Networking events can strike fear in many people, even those with outgoing personalities, so here are a few tips on how to make networking events more pleasant, less overwhelming and more productive.

Tip 1: Take a Deep Breath

Remember that many people are uncomfortable at networking events. It is much more prevalent than you probably know. With

that said, go into the event with a relaxed and positive frame of mind. Identify how you relax – taking deep breaths, visualizing a positive experience, etc. Employ those methods before you enter the networking event.

Tip 2: Appear Approachable

Smile! If you have a smile on your face, others will be encouraged to speak with you. Other open body language you should employ includes:

- keeping your arms uncrossed
- standing up straight (don't slouch)
- making eye contact with those around you

While you are at the event, take notice of others' body language. See if you can tell what aspect of their body language makes them look either approachable or closed off. That will help you with your own body language.

Tip 3: Utilize the Event Activities

The toughest networking scenario is when you don't



know anyone at the event and go by yourself. In this case, try to use the activities or functions at the event to your advantage. Does the event have a bar or buffet? Once you are in the food or beverage line, begin speaking to someone also in line. Are you at an art gallery? Approach a piece of art and chat about it with someone else who is also looking at it. It's much easier to speak to people

when you already have some common ground.

Networking isn't easy and intimidates many people, however, it can lead to a powerful advantage over other job hunters! Hopefully the tips above give you the confidence to attend networking events. Who knows, you might really enjoy meeting new people and be surprised at the doors it opens for you!

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The Hunger Games Trilogy

By: *Suzanne Collins*

Remember the compelling and cult-following TV show, *Lost*? To me, *The Hunger Games* is the literary equivalent in that the writers creatively demonstrated survival and unity when faced with extremely harsh circumstances. The difference is that while *Lost* was the result of a plane crash on a strange island where anything could happen, *The Hunger Games* is ruled by the Capitol where young adults fight to the death as a form of entertainment for the government.

Set in the not so distant future, North America as we know it has been completely reorganized into separate districts (12 of them) all closely controlled by the militant, big brother, harsh "Capitol." These districts were formed when the Earth had become so violated environmentally and morally that war broke out. As a reminder to all of the segregated districts that rebellion is not tolerated, there is a yearly "Hunger Game" where a male and female from each district aged 12-18 is chosen at random to fight each other to the death. There can only be one victor and everything is televised, complete with sponsors.

It is in district 12 that the heroine, Katniss Everdeen lives with her mother (a healer) and her younger sister. Her father was killed in a mining accident but left his oldest daughter with the gifts and talents of hunting, which is her family's key to survival.

When Katniss' sister is chosen as one of the "tributes" to fight in the hunger games, Katniss volunteers in her place. Her male counterpart, Peeta, is also chosen.

Their experience at the Capitol and the whole tradition around the hunger games is so intriguing and fascinating as are the people they encounter. However, it is the way the hunger games are so carefully and technologically orchestrated and Katniss' amazing ingenuity and will to live and survive that kept me reading and enjoying the brutal, yet thoroughly entertaining book. At the time I am writing this review, I am already on the final book of the trilogy!

This book has it all -- a love triangle, a heroine, an underdog, fighting, mystery, science fiction--it is a reader's big Kit Kat bar!

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



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Improve Running Workouts by Not Running

Whether you are training for a marathon or just getting into shape, keeping a regular running schedule is important. But doctors at Baylor College of Medicine (www.bcm.edu) say if you miss a workout, all is not lost. In fact, it can be beneficial.

"Rest days are important for runners to prevent injury as well as increase muscle strength," said Dr. Jane Corboy, associate professor of family and community medicine at BCM and certified sports medicine physician (<http://www.baylorclinic.com/find-a-doctor/details/index.cfm?id=231>). "They allow the muscles to replenish glycogen (the energy source used during exercise) as well as allow the muscles to repair minor 'wear and tear' injuries."

Running every day, even while sore, does not weaken the muscles or joints, but it may not allow them to recover enough to adapt to training as well, said Corboy.

Soreness is caused by microscopic tears to the muscle. It is part of adapting to a new activity and plays a role in eventually strengthening and conditioning the muscles, said Corboy.

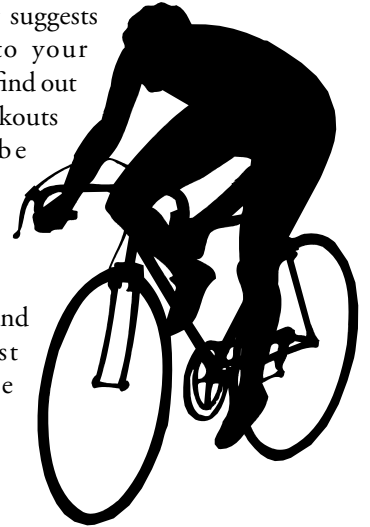
She adds that doing another hard workout during the peak soreness, usually 24 to 48 hours after the workout that caused it, may result in increasing the inflammation and prolonging the pain. This could prevent gaining as much benefit out of the hard workout as you would if you did it when the muscles had recovered somewhat.

Doing a lighter workout or run may help with soreness but if the muscle is especially stiff, it may be better to do an alternative activity such as swimming or cycling, or take a day off from working out to allow recovery.

Corboy also suggests including strength training, particularly of core muscles, in order

to avoid injury and improve performance. Having weak core muscles makes the wear and tear of a long run become more and more magnified as the leg muscles fatigue. If the core is "wobbly" so are the hips, knees and ankles, she said.

Corboy suggests talking to your doctor to find out what workouts would be best to add to your running schedule and when rest times are needed.



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When It's Just You in an Emergency



"Mom!" you yell down the stairs. "Where's my math book? I can't find it and the bus is coming! Please help me ... it's an emergency!"

It is kind of an emergency with the bus coming and all, but what about a medical emergency? That kind of emergency is usually more serious. If you don't have your math book or miss the bus, that would be bad. But a medical emergency means someone needs care from a doctor right away. Let's find out the right thing to do.

QUICK THINKING: WHAT WOULD YOU DO?

Liz and her little brother Jamie are out for a walk. Jamie decides to race ahead down a very steep hill. He's running pretty fast when he suddenly trips. Over and over he falls, rolling down the hill at high speed until he's sprawled out on the sidewalk at the bottom.

Liz rushes to her brother's side, hoping that he's OK. Then she sees some blood on the pavement. And Jamie isn't moving at all. What should she do? First things first: Liz should call for help right away.

Calling for help is the most important thing a kid can do in an emergency. If you are going to be the one making the emergency phone call, here's what to do:

- Take a deep breath to calm down a little.
- Tell the operator there's an emergency.

- Say your name and where you are (the exact address if you know it).
- Explain what happened and how many people are hurt. (The operator will need all the information you can provide, so give as many details as you can.)
- Stay on the line until the operator says it's OK to hang up.

After calling for help, your first thought might be to rush over to the person who's injured. But stop and look before you do. Make sure the scene is safe. If it's not, wait in a safe spot until a grown-up or an emergency team arrives.

If the scene is safe, and as soon as Liz is sure someone is calling 911 – or she has called it herself – she could return to her brother and wait until help arrives. (She shouldn't move her brother at all because he could have a neck or other bone injury. Moving someone who has that sort of injury can make it much worse.) She can help him feel calm by being calm herself.

IN CASE OF EMERGENCY

The best way to handle an emergency is to be prepared for one. Knowing what to do ahead of time can help you stay in control so that you can help. Here are some suggestions on how to be ready to help in an emergency:

When you are outdoors, make sure you are in an area where you can call out for help even if you don't have a phone with you.

- Know how to dial 911 or your local emergency number. In most areas in the United States, it's 911.
- If you have one, carry a cell phone or know how to use your parent's cell phone.
- Learn first aid. Look for basic first-aid classes with your local Red Cross, the YMCA or YWCA, the Boy or Girl Scouts, 4-H clubs, your local hospital, and other organizations. Or ask your school nurse to have a first-aid class just for students in your school.

It's scary to think about someone getting hurt. But the truth is that accidents can and do happen. They happen when people are being careless and careful. Sometimes, kids are the ones who get hurt. Sometimes, grown-ups get hurt. Either way, it's good to know what to do if someone needs emergency medical help. Even though you're a kid, you can make a big difference by doing the right thing.

Reviewed by: Kate Cronan, MD • Date reviewed: August 2007



Be a Hero - the Smart Way

In an emergency, a kid might think about playing the superhero by driving a car or racing into a burning building. Do do it! you could cause another accident or make the situation worse. If you get hurt, too, who will call 911?

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 or www.TeensHealth.org. ©1995-2006. The Nemours Foundation

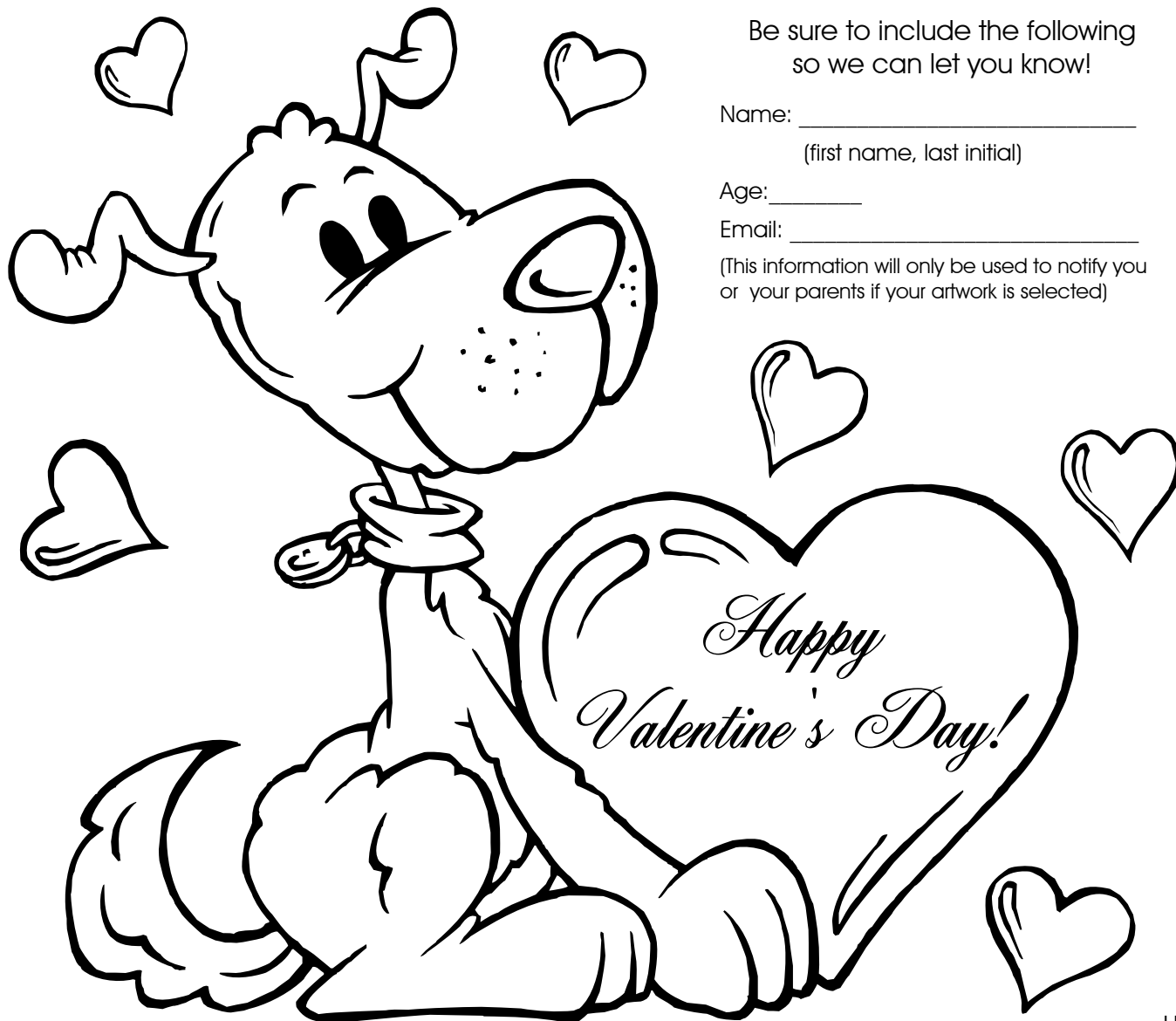


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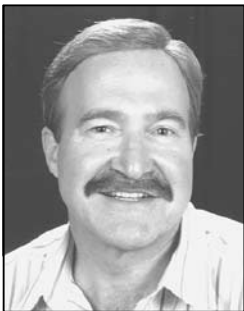
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