



LAKES

ON ELDRIDGE
NORTH

Volume 10, Issue 3

March 2011

Northwest Flyers Youth Track Club Information Sessions

**THURSDAY EVENING, APRIL 7TH, 2011 AND
FRIDAY EVENING, APRIL 22ND, 2011**

The Northwest Flyers Track Club will host 2 open house/registration sessions for all middle and high school athletes and their parents interested in joining for the 2011 season. The events will be held on **Thursday, April 7, and Friday, April 22, 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 sessions 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, 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 24 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 36 young athletes to compete at the US Junior Olympics National Championships in Sacramento, California.

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



Boy Scout Troop 61

Young men between the ages of 11-18 are encouraged to visit Boy Scout Troop 61 at 7:00 p.m. Wednesday nights at Peace Community Church, 5151 Addicks Satsuma Road, Houston, Texas, 77084. They will get a hands-on experience of what Scouting has to offer, and have the opportunity to visit with the Scouts and their adult leaders to learn more about the things the troop has done during meetings and activities.

Scouting activities include camping, fishing, archery, rifle/shotgun shooting, hiking, first aid, wilderness survival, community service, citizenship, swimming, leadership, white-water rafting and much more. Troop 61 camps each month and has a group that goes to High Adventure Camp and to Merit Badge Camps each summer. Boy Scout Troop 61 meets from 7:00 to 8:00 p.m. every Wednesday in the Activity Room at Peace Community Church.

Contact Mike Viator with Troop 61 if your son is interested in joining a local Boy Scout Troop. Cell: 713-409-1934, mike.viator@comcast.net

Lakes on Eldridge North

IMPORTANT NUMBERS

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Cy-Fair Fire Department - (emergency).....	281-466-6161
(non-emergency).....	281-550-6663
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Texas DPS.....	713-681-1761
Waste Management.....	713-695-4055
(trash collection Mondays & Thursdays)	
Aqua Services	713-983-3602
(Service or emergencies 24 hrs) ...	713-983-3604
Harris County Tax Office	713-224-1919
Reliant Energy.....	713-207-7777
(give pole # of street which is out)	
Entex (gas)	713-659-2111
Comcast Cable.....	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-Ridge High School	281-807-8000
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Peel, Inc.	advertising@PEELinc.com, 888-687-6444

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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Article Submissions

Please e-mail articles and/or photos to loen@peelinc.com.

Submissions must be received by the
10th of the month for the following month's issue.
(Advertising deadline is the 8th of the month.)

NWHC AGGIE MOM'S MEETING

Tuesday, March 8th, 2011
Carpool on Campus

The March NWHC Aggie Mom's Club meeting will be held Tuesday, March 8th at the Houston Distributing Center conveniently located near Willowbrook Mall at the corner of Cutten Road and 7100 High Life Drive. The doors are open at 7 pm for refreshments. Please join other Aggie moms in fun and fellowship, learn more about Aggie student activities, and participate in fundraising activities for our Aggie students.

Our featured speaker will be a student organization called **CARPOOL** (*Caring Aggies R Protecting Over Our Lives*) on the Texas A&M University campus. Carpool is a non-profit student-run program for free, safe rides home for students. The Carpool organization will speak about promoting safety for Aggie students and more information about how the system works.

Mark your calendar for our next big fundraiser, the 2nd annual **BOOTS 'NWHOOPS** event, to be held on Sunday, April 3rd from 1 to 6 pm. The event includes live music from *Granger Smith & His Band*, a bbq lunch, dancing, a silent auction, horseshoes, prizes, and other activities. The fundraiser benefits Aggie scholarships and on campus organizations.

For more information about Boots 'N Whoops or other activities, please go to our website at www.nwhcaggie moms.org or contact Vickie Hamley at 713-466-4494.



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- Our last frost has passed, trim winter burn from plants and hedges.
- Check out your local nurseries for ideas, sales and coupons:
corneliusnurseries.com
houstongardencenters.com
- Check your sprinkler system, make sure the heads are not pointing at a window or broken. You will want to start watering 1" per week in April through June.

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Cy-Fair Residents to Perform in Houston Repertoire Ballet's Spring Concert, Along Side American Ballet Theatre Stars Jared Matthews And Yuriko Kajiya



Jared Matthews and Yuriko Kajiya of American Ballet Theatre in *Romeo and Juliet*

HOUSTON REPERTOIRE BALLET (HRB) BRINGS COLLECTION OF DIVERSE REPERTOIRE TO THE BERRY CENTER IN THEIR "CREATION OF DANCE"

The Houston Repertoire Ballet is excited to announce their Spring Performance *The Creation of Dance*, to be performed April 9-10 at the Berry Center in Cypress, TX. Featuring three original works and Act III of *La Bayadere*, *The Creation of Dance* takes the audience through the evolution of dance beginning with classical ballet to contemporary ballet and modern dance. Along with exceptional dancing and beautiful costumes, audiences of all ages will enjoy the musical score to accompany the ballets, which consists of Gershwin, Ravel, Minkus and Phillip Glass. Houston Repertoire Ballet will give 2 full-length performances of *The Creation of Dance*. There will be an educational session for children offered as part of our Arts & Education program that will take place 30 minutes prior to the show on April 10. To purchase tickets to HRB's Spring Ballet or for more information on our Arts & Education program call 281-861-0199 or visit www.hrbdance.org. Ticket prices range from \$15-\$18.

THE CREATION OF DANCE

La Bayadere "Kingdom of the Shades": This beautiful and classical ballet was originally choreographed by Marius Petipa in 1877 and was set in the legendary India. The Kingdom of the Shades scene from Act III relates hallucinatory dreams of a noble warrior being reunited with his lost love. The scene begins with 24 dancers in white costumes slowly making their way on to the stage creating a somber tone. In addition, audiences will enjoy guest artists Jared Matthews and Yuriko Kajiya performing the lead roles in one of the most celebrated excerpts in classical ballet.

Rhapsody in Blue: Set to the popular Gershwin score, this contemporary ballet is a lighthearted and fun piece that features many different characters whose personalities are conveyed through the unique movement vocabulary. This new ballet was choreographed by Kristy Nilsson, a former member of HRB, who is now a dance instructor and choreographer in Atlanta, Georgia.

Il Duomo: Inspired by the beautiful stained-glass windows of the Il Duomo Cathedral in Milan, Italy, this modern ballet piece uses color and the music of Phillip Glass to create a peaceful tone and transports its viewers to the cathedrals of Italy. This piece was choreographed in 2005 by Houston Repertoire Ballet's artistic director Victoria Vittum and will be recreated this year and performed by HRB's Junior Company.

Romeo and Juliet: Guest artists Jared Matthews and Yuriko Kajiya from the American Ballet Theatre will perform a romantic pas de deux from *Romeo and Juliet*. Matthews and Kajiya are soloists with the American Ballet Theatre and are the rising stars in the world-renowned company. HRB is thrilled to bring back Matthews, a former member of the Houston Repertoire Ballet and Kajiya as guest artists to perform the pas de deux from two classical ballets.

Bolero: This exciting new ballet by Victoria Vittum was inspired by Maurice Ravel's climactic score *Bolero*. Featuring bright

costumes, this Spanish-style piece begins with 18 dancers on stage who perform one-by-one in succession. This contemporary ballet builds up anticipation throughout, creating a provocative tone that culminates in an exciting finish.

HRB SPRING CONCERT SHOWCASES CY-FAIR'S RISING YOUNG TALENT

This season's Spring Concert will showcase the 41 members of the HRB Company. These company members are all students of the Ballet Center of Houston and are residents of the Cy-Fair community. Among the 41 company members are four senior members who will perform lead roles in their last performance with HRB. Various ballet companies and universities have already shown interest in these talented seniors who will surely be added to HRB's impressive group of alumni. In addition, the members of HRB have the wonderful opportunity to perform with American Ballet Theater professionals Jared Matthews and Yuriko Kajiya.

Tickets for *The Creation of Dance* may be purchased on-line at www.hrbdance.org or by calling HRB at 281-861-0199. Tickets are \$18 for adults, \$15 for seniors/students. Major funding for HRB is provided by the Houston Endowment inc. ConocoPhillips Company and Statoil. The HRB Spring Concert is funded in part by grants from Harris County and the Texas Commission on the Arts through the Houston Arts Alliance. Arts in Education School Outreach Programs are generously sponsored by Target.

HRB is a non-profit civic organization dedicated to the pursuit of excellence in the art of classical ballet. 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. Artistic director is Victoria Vittum, a nationally recognized teacher and choreographer. She has been a faculty member of the Houston Ballet Academy and served as Resident Choreographer for the Gwinnett Ballet Theater, in Atlanta. She is the recipient of a Choreography Fellowship awarded by the Cultural Arts Council of Houston and the Texas Commission for the Arts.



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The M.A.N.E. Event – Mustang Stampede 2011 1K & 5K Fun Run

The M.A.N.E. Event will host its first annual Mustang Stampede on Saturday, April 9th. The Fun Run will be located at the Bridgeland Activity Center and will start at 8AM. Children and adults can participate in either the 1K or 5K run. Early registration fee for adults is \$25 and for children and students the fee is \$15. It's a great event for the entire family, so come and join the fun. All proceeds and donations go to support the 1st graduating class of seniors at Cypress Ranch High School. The M.A.N.E. Event is a non-profit organization sponsoring a drug and alcohol free after-prom event for the Cy-Ranch senior class.

Visit our website to register at www.sites.google.com/site/mustangstampede2011 or email us at: mustangstampede@gmail.com



CY-FAIR'S BERRY CENTER *Ranked #6 In Houston Entertainment Venues By The Houston Business Journal*

The Berry Center, Cypress-Fairbanks ISD's multi-functional educational support center, was ranked the No. 6 Houston-area entertainment venue in the Houston Business Journal (HBJ) 2011 Book of Lists. The venues were ranked on total attendance. The Berry Center featured 380,937 total spectators to come in at sixth behind such prominent venues as Reliant Park, Minute Maid Park, Toyota Center, the Hobby Center for the Performing Arts and Miller Outdoor Theatre. It was ranked ahead of venues such as the Lone Star Convention Center, the Wortham Theater Center and the Alley Theatre.

"We were very pleased to be ranked by the Houston Business Journal as the sixth-most attended venue in the Houston area," said Pam Wells, CFISD associate superintendent for governmental, community and planning initiatives. "We ranked higher than many established venues in the Houston area."

"The national touring company of Cirque du Soleil, KSBJ concerts, community fine arts organizations, churches, the Cy-Fair Houston Chamber of Commerce and the Cy-Fair Educational Foundation—along with many other wonderful clients—have helped contribute to our success. Revenue from these clients helps to offset district costs for graduations, teacher training, UIL competitions, student instructional activities and many other student and staff events."

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- It is the 3rd largest school district in Texas
- It is the largest "Recognized" district in Texas
- In 2010, 97% of its campuses are either Exemplary or Recognized including ALL high schools
- For every \$1.00 of property tax revenues received from our taxpayers, CFISD returns \$1.43 to the community by way of salaries or purchases from district businesses
- The CFISD / Lone Star College partnership saved parents more than \$500,000 in tuition, based on college credits earned during high school

Stay "in-the-know" by visiting www.cfisd.net. CyFair schools are building strong students and strong communities!

Kirk Elementary Receives Award From Texas Dept. Of Agriculture (TDA)

Our own Kirk Elementary is one of fourteen elementary schools recently honored by the TDA with the HealthierUS School Challenge Gold Certificate Award, recognizing schools for their dedication to healthy lifestyles on campus and beyond. The award was given to schools whose food service program embodies Commissioner Staples' health initiative of the 3 E's for healthy living - Education, Exercise and Eating Right. Congratulations to cafeteria manager Mrs. Ahlgrim and PE Coaches Mrs. Elder and Coach J for their efforts!

Yorkshire Academy 2011 Houston Livestock & Rodeo Art Show Winners



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Foundation for Foreign Study

Families from all over the Houston area are opening up their homes and lives to foreign exchange students through the EF Foundation for Foreign Study.

EF Foundation is a leader in high school foreign exchange, bringing more students to the United States than any other exchange program. A nonprofit committed to promoting global awareness for over 30 years; EF Foundation leverages a committed network of local coordinators to connect thousands of students with caring American families each year.

EF exchange students come from more than 30 countries around the world and are between the ages of 15 and 18. The majority of students stay for a full high school year. In the past, exchange students have come to live in Texas from as far away as Germany, Hong Kong, Australia and Norway, to name a few.

I am an International Exchange Coordinator for EF Foundation. I will be working with the community to secure host families for a number of students this year.

In order to raise awareness of this life-changing opportunity, we need the community to see local narratives of the wonderful families and students who have had unforgettable experiences through the program.

CHECK OUT OUR INFORMATIONAL VIDEOS!

- <http://vimeo.com/1154826>
- <http://vimeo.com/10247951>
- http://www.youtube.com/watch?v=cLldRF-4x04&feature=player_embedded
- http://www.youtube.com/watch?v=PSFCbQFCT5k&feature=player_embedded

Please do not hesitate to contact us with any inquiries, as we would be happy to work with you.

Sincerely,
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Lakes on Eldridge *Dolphins* Swim Team Registration **COMING SOON!**

The Lakes on Eldridge Swim Team (LOEST) is once again recruiting enthusiastic swimmers ages 5 to 18 looking to have great fun this spring and 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 is 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 very excited about the upcoming 2011 season!

We expect online registration to open in late March or early April. More information and announcements will be posted soon on our website (www.loedolphins.org). Our team size is limited so we recommend registering as soon as the online module is available.

PLEASE MARK YOUR CALENDARS FOR UPCOMING EVENTS:

DATES To Be Determined: SWIM CLINIC
MAY 2: FIRST DAY OF SWIM PRACTICE

MEET SCHEDULE FOR THE 2011 SEASON:

MAY 21:	AWAY MEET	NORCHESTER
MAY 28:	HOME MEET	DEERFIELD
JUNE 4:	AWAY MEET	JERSEY VILLAGE
JUNE 11:	AWAY MEET	WINDSONG
JUNE 18:	HOME MEET	COPPERFIELD
JUNE 25:	AWAY MEET	DIVISIONALS
JULY 1-3:	AWAY MEET	INVATIONALS

We have several open Chair positions, including hospitality and apparel. If you are interested or would like to get more information on the positions please contact Carolyn Jenkins at carolyn1997@gmail.com.

Should you have any questions or further inquiries regarding the upcoming 2011 LOEST Season, please contact any of the Board Members listed on our website.

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Tips for Mastering the Farmers' Market

By Melanie Dragger, M.Com.

Many people are taking steps to improve their health and the environment by eating organically grown and raised foods. While some people are selecting organic items at their local grocery store, farmers' markets are becoming increasingly popular. Over the past year, according to the Department of Agriculture, the number of farmers' markets in the U.S. increased by 858, or 16 percent, from 5,274 in 2009 to 6,132 in 2010. When the USDA first began tracking farmers' markets in 1994, there were only 1,755 markets.

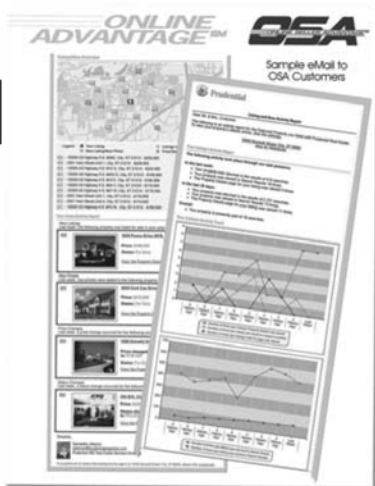
Outside of growing your own produce and raising your own livestock, shopping at a farmers' market is the best way to obtain fresh, local, and seasonal fruits, vegetables, and herbs, as well as farm-fresh eggs, meat, poultry, and dairy products. Many farmers' markets also offer artisan breads, honey, and seasonal jams, jellies, and preserves.

Below are tips to help you master your local farmers' market:

1. Do Your Research – Before heading to the market, research what produce is in season in your area. Since all products sold at a farmer's market may not be organic, and some organic products sold may not be certified, familiarize yourself with the organic certification process and product labeling. Information on the USDA's National Organic Program can be found at <http://www.ams.usda.gov/nop>.
2. Bring Your Own Containers – While some vendors have bags and boxes available for customers, bringing your own containers is the best way to ensure you will be able to transport and protect your purchases properly. Additionally, recycling containers helps the environment by reducing the number of natural resources used to produce new ones.

3. Bring Cash – Swing by your bank or ATM before hitting the farmers' market. Most vendors do not accept checks or credit cards. Bring small bills, since it may be difficult for some vendors to make change.
4. Go Early or Go Late – The best items usually go first, so try to get to the market early. However, before making a purchase, take a quick trip down the aisles, since prices can vary greatly among vendors. If you can't make it to the market when it first opens, go at the end of the market day to catch deals from vendors trying to unload their remaining products.
5. Speak with Vendors – Shopping at a farmers' market allows you an opportunity to speak directly with growers and farmers. Not familiar with Swiss chard? Looking for a new way to prepare eggplant? Most vendors love to share their knowledge,

(Continued on Page 13)



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Tips for Mastering the Farmers' Market- (Continued from Page 12)

including discussing their production methods, providing storage and transportation advice, and sharing recipes and cooking tips.

Buying organic products at your local farmers' market offers numerous benefits, including boosting the local economy, reducing the amount of toxic chemicals that enter your body and the environment, and decreasing the amount of fossil fuels used to transport products to consumers. However, organic products can be more expensive than conventionally grown and raised products, and some organic products may be difficult to find in some areas. If going 100% organic is not feasible, use the following list as a guide. According to the 2010 report of the Environmental Working Group, a non-profit organization specializing in research and advocacy related to public health and the environment, these 12 fruits and vegetables consistently contained the highest amount of pesticides when conventionally grown, and should be consumed in organic form when possible:

- | | |
|---------------------------|-------------------------|
| 1. Celery | 7. Sweet Bell Peppers |
| 2. Peaches | 8. Spinach |
| 3. Strawberries | 9. Cherries |
| 4. Apples | 10. Kale/Collard Greens |
| 5. Blueberries (domestic) | 11. Potatoes |
| 6. Nectarines | 12. Grapes (imported) |

The EWG's annual ranking of produce pesticide contamination is based on its analysis of tests conducted by the USDA and the federal Food and Drug Administration. More information on the EWG, as well as the full list of fruits and vegetables ranked, can be found at <http://www.ewg.org>.

Advertising Information

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

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Cardiovascular Disease and Women *Think Red Heart*

Do you know the number one killer of women in the United States? It's not breast cancer. Try again. It's heart disease. 489,000 women die from heart disease annually, not breast cancer, according to the Centers for Disease Control and Prevention. In a research study, the American Heart Association reported only 13 percent of all women in the United States are aware that heart disease can kill them or play a major threat in their lives. Women are bombarded with advertisements, news media, and commercials about how breast cancer can kill them. Yet, cardiovascular disease is playing a lethal role in women's health today, more so than cancer.

Cancer is the second killer of women. Though it's not breast cancer, but rather lung cancer. 73,000 women die annually of cigarette related lung cancer. In the United States 202,964 women were diagnosed with breast cancer in 2007, and 40,598 women died from this disease. Receiving regular mammograms and doing daily breast self-checking examinations are crucial for survival. Along with great surveillance, research, and early detection fewer women are succumbing to this disease. Colorectal cancer is the third leading cancer killer in women.

The fact is heart disease is the number one killer in women. Women need to think more Red, along with Pink. Heart disease is a preventable disease and can be controlled. Yes, many contributing factors, such as genetics, gender, and ethnicity, do play a role. However, lifestyle is a major culprit in heart disease. Adopting a healthy lifestyle, which includes the following factors, can reduce the risk of contracting heart disease:

- Exercise regularly.
- Control other contributing factors such as blood pressure, diabetes, hypertension, and cholesterol.
- Maintain a well-balanced nutritional menu that is rich in fruits and vegetables, whole grains, and lean meats.
- Eat high fat foods sparingly.
- Reduce the amount of sodium, sugar, and alcohol.
- Maintain a health body weight.
- Cook meals more frequently.
- Limit pre-packaged foods.

*Article by,
Valerie Salinas, MS*

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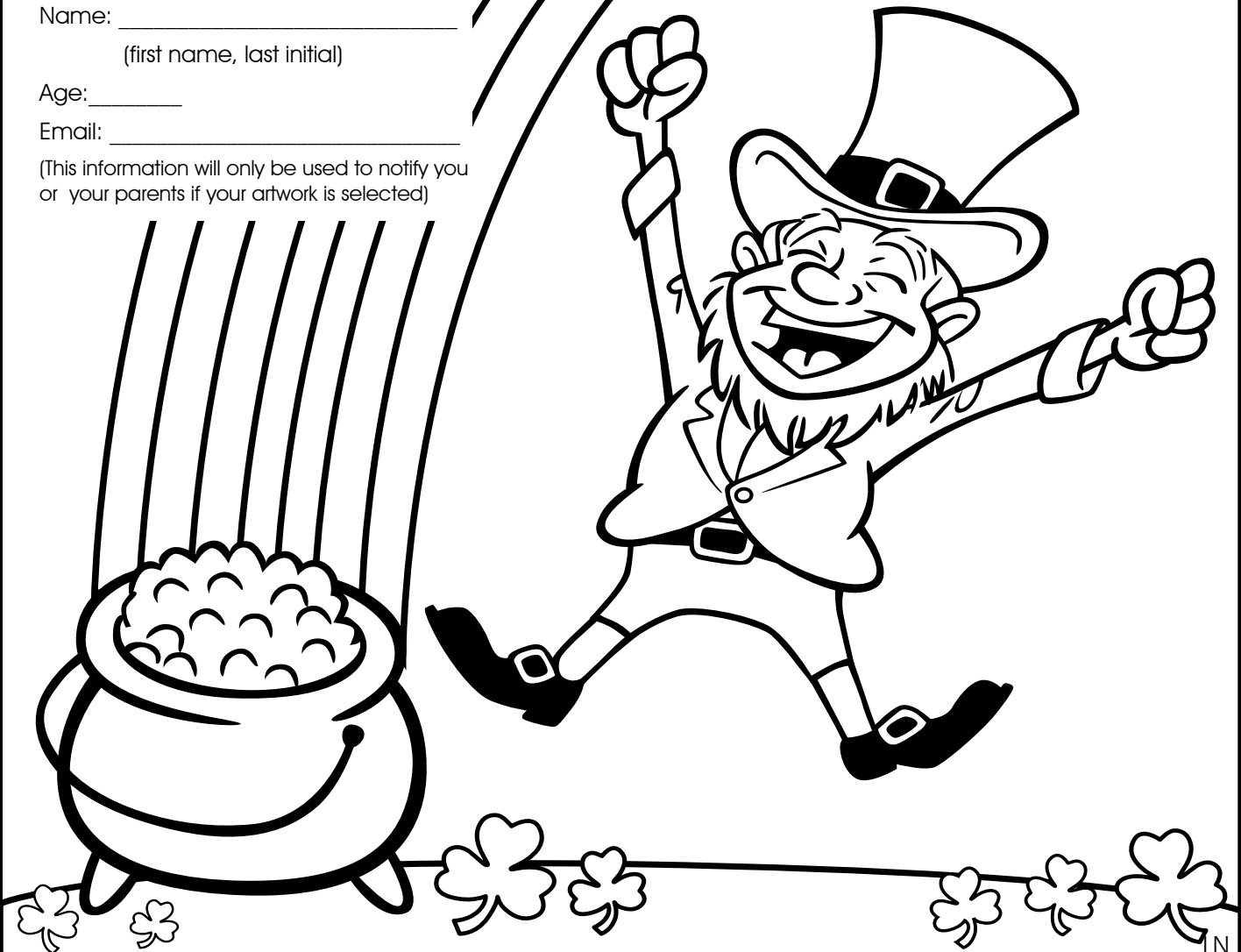
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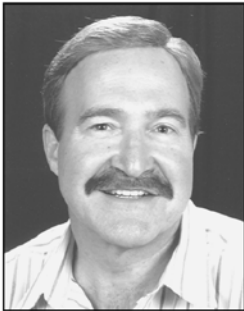
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