



# LAKES

ON ELDRIDGE  
NORTH

Volume 11, Issue 2

February 2012

## *Blake's Barbarian Blanket Drive Project*

"Last year my Mom and I had just gone through the Starbucks drive-thru and I noticed this homeless man. He had no food or water, and it was very cold. I thought I could help people who did not have warmth," shared Blake Robinson, 5th grade Yorkshire Academy student.

Blake's 'Barbarian Blanket Drive Project' was born. Not only did Blake envision collecting blankets from Yorkshire families, but decided to design and sell a t-shirt with his 'Barbarian' character in which profits from the t-shirt sale would allow him to buy even more blankets. The Giraffe Heroes Project was adopted at Yorkshire Academy last year as a way to instill the community service learning concept into its students. Blake's project is the first student-generated community service project at Yorkshire, which is the main tenet of Giraffe Heroes.

All forty of Blake's t-shirts sold out within a few hours, and over 50 blankets were collected. Blake and his 5th grade classmates delivered 75 blankets to Star of Hope just as they wrapped up their school holiday party. In addition, 10 blankets were given to Baptist Temple Church where Kelly Burkhart, father of Hudson Burkhart, Blake's classmate, is pastor. Blake said, "I can't believe doing something so simple, like making a t-shirt could do so much for so many people." He'll be heading to middle school next year, and plans to continue this project annually. "I hope I can continue these good deeds until I have helped everyone."

For more information regarding The Giraffe Heroes Program, visit [www.giraffe.org](http://www.giraffe.org) or Yorkshire Academy at [www.yorkshireacademy.com](http://www.yorkshireacademy.com).



## *Way to go guys!*

# Lakes on Eldridge North

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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)	
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 10<sup>th</sup> of each month. Submissions are subject to space limitations and editorial approval. Email Articles to [loen@PEELinc.com](mailto:loen@PEELinc.com).

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10<sup>th</sup> of each month for publication in the following month's newsletter. Email personal classifieds to [loen@PEELinc.com](mailto:loen@PEELinc.com).

ADVERTISING: Deadline for submitting ads is the 8<sup>th</sup> of each month for publication in the following month's newsletter. Please contact Peel, Inc. Sales Office at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com) *for information on advertising.*

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# Lakes on Eldridge North

## CY-FAIR KIWANIS CLUB

Kiwanis wants YOU! The Cy-Fair Kiwanis Club is actively seeking new members who are interested in giving service to improve our community and our world. Visit the Cy-Fair Kiwanis Club and learn about the projects in which its members participate to enrich and improve life for citizens in our community. We sponsor the Key Clubs in the Cy-Fair, Jersey Village, and Katy communities and work with them in service to the Cy-Fair area. Internationally, both Kiwanis and Key Club are participating in the ELIMINATE PROJECT aimed at the eradication of maternal/neonatal tetanus.

Businesses of the community are encouraged to support a representative for membership in Kiwanis. If you work for a business that is oriented toward involvement in community improvement and leadership, suggest to them that you would like to represent that business through membership and involvement in work with Kiwanis. We welcome business and organization representatives as well as individual memberships.

The Cy-Fair Kiwanis Club meets at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. For more information, call John Carroll at 281-463-0373, George Crowl at 832-467-1998 or Peggy Presnell at 281-304-7127. We invite you to be our guest at one of the meetings and enjoy the fellowship of Kiwanians from your community as you learn about our organization.

CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs and one Builders' Club in the Cy-Fair School District; sponsors the Kids Triathlon; Girl Scout, Boy Scout, and Sea Scout troops and activities; awards scholarships to outstanding Key Club members in our district; provides assistance to Cypress Assistance Ministries and Bear Creek Ministries; the Houston Food Bank; and many other nonprofit organizations.

## Cypress-Tomball Democrats

### *February 15th Meeting*

The Cypress-Tomball Democrats will hold their monthly meeting on Wednesday, February 15th, at a new location: Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429. A meet and greet will begin at 6:30 p.m., followed by the general meeting at 7:00 p.m.

February's guest speaker will be Diane Trautman, Candidate for Harris County Board of Education, At Large Position #3.

All are welcome to join this growing club. Meetings are held on the third Wednesday of every month. For more information, contact Olga Moya at [cytomdems@yahoo.com](mailto:cytomdems@yahoo.com).



## 2012 Cy-Fair Women's Expo

### **EVENT: CY-FAIR WOMEN'S EXPO**

- When: April 26, 2012
- Time: 11:00am – 2:00pm
- Where: Sterling Country Club at Houston National
- 16500 Houston National Blvd
- Houston, TX 77095

The 3rd annual Cy-Fair Women's Expo sponsored by North Cypress Medical Center, Community Impact Newspaper, Houston Premium Outlets, and Champion Energy is Thursday, April 26, 2012, from 11am-2pm, at Houston National Golf Club. Vendor registration and additional information is available @ [www.cyfen.org](http://www.cyfen.org) or by emailing [expo@cyfen.org](mailto:expo@cyfen.org).

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## American Business Women's Association

*Cy-Fair Express Network (CYFEN)*

### EVENT:

Cy-Fair Express Network Monthly Networking Luncheon  
When: February 23, 2012

### TIME:

11:30 am – 1:00 pm

### WHERE:

Sterling 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 17 @ [www.cyfen.org](http://www.cyfen.org) or contact Melissa Rotholz @ 713-256-9569.

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.

## SEND US YOUR Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to [loen@peelinc.com](mailto:loen@peelinc.com). Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at [www.PEELinc.com](http://www.PEELinc.com).



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# Lakes on Eldridge North

## 2nd ANNUAL CHARITY GOLF TOURNAMENT

### CY-FAIR HS MARCHING BAND & COLORGUARD

- LONGWOOD GOLF COURSE
- SATURDAY, MARCH 3, 2012 • NOON SHOTGUN START

Cy-Fair HS Band Boosters will be holding its 2nd Annual Charity Golf Tournament at the Longwood Golf Course on March 3, 2012. This charity event helps raise the funds necessary for our 260+ member marching band to perform and compete. However, we need you! We are currently seeking players, sponsors and donations needed to make this event a success for our students. Cy-Fair HS Band Boosters is a 501(c)3 nonprofit organization and all contributions are tax deductible.

Golf Tournament admission includes a Texas Roadhouse catered Dinner Reception & Awards Ceremony, complete with raffle drawing with great prizes, silent auction and

a live band to keep the party going. This is a fun opportunity for you to help support our very own Cy-Fair HS Band right in your own Longwood backyard!

FOR MORE INFORMATION AND TO REGISTER, PLEASE VISIT OUR WEBSITE BELOW OR CONTACT GILLIAN CROWLEY AT (713) 906-2543.

WWW.CYFAIRBAND-GOLF.COM



## Recycle your Crocs

Learning Express is proud to announce our participation in the SolesUnited program. Started by Crocs, SolesUnited is the first of its kind footwear recycling program. Here's how it works:

1. Wear your Crocs shoes until the tread becomes worn or they reach their end-of-life.
2. Donate your worn-out Crocs at a participating retail location.
3. Once worn-out Crocs are received, they are sorted, ground up and made into new SolesUnited recycled shoes.
4. SolesUnited shipping partners work with organizations that assure the shoes will be delivered to those who need them.

To date, Crocs has donated more than 1 million pairs of shoes. Its goal is to donate 2 million pairs of recycled shoes in 2008. You can read more about the program at [www.solesunited.com](http://www.solesunited.com). Croc on!

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4 Bedrooms	38	50	\$106.92	53	84	\$111.85
5+ Bedrooms	7	86	\$114.08	13	67	\$112.65
1 Story	7	25	\$114.45	17	67	\$119.88
2 Story	40	61	\$106.97	55	81	\$110.67
Without Pool	24	47	\$105.06	43	86	\$106.49
With Pool	23	64	\$111.23	29	66	\$122.27
Built 1990-1999	42	54	\$106.33	3	78	\$113.69
Built After 2000	5	62	\$122.80	69	78	\$112.81
Never Lived In	0	0	-	0	0	-
1500-2000 sq. ft.	0	0	-	0	0	-
2000-2500 sq. ft.	1	26	\$111.22	0	0	-
2500-3000 sq. ft.	14	48	\$104.85	9	47	\$116.65
3000-3500 sq. ft.	16	52	\$106.17	24	81	\$112.81
3500-4000 sq. ft.	6	60	\$111.03	22	85	\$109.84
4000-4500 sq. ft.	10	43	\$115.11	12	79	\$114.80
4500+ sq. ft.	4	113	\$111.29	5	84	\$114.69
Waterfront	1	8	\$115.00	1	165	\$153.57
Waterview	2	24	\$123.50	1	68	\$118.44
Cul-de-sac	25	60	\$106.55	25	73	\$115.65
Other	19	54	\$108.10	45	79	\$110.26

All information obtained from HAR mls data.



*Wishing you and yours  
a prosperous 2012!*

**DANIELLE GEBARA**

Resident of Lakes on Eldridge North

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# Lakes on Eldridge North

## Heart Healthy Lifestyles

By: Concentra Urgent Care

**APPROXIMATELY EVERY 60 SECONDS, AN AMERICAN WILL DIE FROM A CORONARY EVENT.**

According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

*What can you do to live heart healthy?*

*The AHA recommends:*

### **EATING A HEALTHY DIET**

- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat

### **EXERCISING REGULARLY**

- 20-to-60 minutes per day, 3-to-5 times per week

### **• AVOIDING TOBACCO PRODUCTS AND TOBACCO SMOKE**

#### **• LIMITING YOUR ALCOHOL INTAKE**

- Women: 1 drink per day (maximum)
- Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

*What should be included in a family history?*

### **ANY KNOWN CONGENITAL OR HEREDITARY DISORDERS**

#### **MAJOR ILLNESSES**

#### **CHRONIC AILMENTS OR RISK FACTORS**

- Smoking
- Obesity
- Alcohol problems

### **THE CAUSE & AGE OF DEATH OF**

### **ANY DECEASED RELATIVES**

#### **CHILDHOOD CONDITIONS**

- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

*For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at: [www.AmericanHeart.org](http://www.AmericanHeart.org).*



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# Lakes on Eldridge North

## What Causes Sensitive Teeth & What To Do About It

Do you experience discomfort in your teeth? Do you find it difficult to drink icy or hot beverages? You may have a case of sensitive teeth. Luckily, it's very treatable. Find out what causes sensitive teeth and how to change your habits to avoid sensitivity.

### *What does it mean to have sensitive teeth?*

If you experience pain or discomfort when consuming foods or beverages that are hot, cold, sweet, or sour; when brushing or flossing; or even when breathing sharp, cold air, you may have sensitive teeth.

### *What is the reason for sensitive teeth?*

#### **COMMON CAUSES OF TOOTH SENSITIVITY:**

- **Over-brushing** – brushing your teeth too hard may wear down enamel or irritate the gum line, causing it to recede and expose the tooth's sensitive roots.
- **Cracked teeth** – a crack or chip in your tooth may expose the underlying dentin or may fill with bacteria from plaque, causing the nerve to inflame.
- **Teeth grinding** – over time, grinding or clenching your teeth can erode enamel and expose dentin.
- **Gum disease** – gum disease leads to tooth decay which breaks down enamel; gum disease can also lead to infection which may attack the tooth's roots or cause the gum line to recede.
- **Tooth whitening** – using products with peroxide or baking soda can seriously aggravate exposed roots or dentin.
- **Age** – studies have shown that tooth sensitivity occurs most often in people between the ages of 25 and 30.

It is possible to experience tooth sensitivity after routine dental procedures such as the placement of a filling or crown, tooth restoration, or even tooth cleaning. Such sensitivity is temporary; if it does not cease after four to six weeks please consult your dentist.

### *How should I take care of my teeth if they are sensitive?*

*Tooth sensitivity is very treatable, no matter what the cause.*

*Here are a few remedies you can take advantage of at home:*

Try a **desensitizing toothpaste** which contains chemicals that block sensations like hot and cold from reaching the nerves in your teeth. Use a **soft-bristled toothbrush** that will be gentler on both your teeth and gums. Switch to a **fluoride mouthwash**. **Avoid acidic foods** such as tea, tomatoes, and citrus fruits. Maintain **good oral hygiene** by brushing twice every day and flossing once daily.

Depending on the cause and severity of your sensitivity, you may benefit from professional treatment. If you suffer from sensitive teeth, please be sure to contact your dentist. We can set up an appointment to discuss what is bothering you and determine the best way to address the problem.

*Submitted by Dr. Flury*

## CROSSWORD PUZZLE

### ACROSS

1. Tails
5. Tableland
9. Billy or nanny
10. Expressing dislike word
11. Capital of Norway
12. Dote
13. Eludes
15. Beverage
16. Crime
18. Crayon name
21. Cause of sickness
22. Merchant
26. Arc
28. Dwell
29. Ballerina skirts
30. Among
31. Dueling sword
32. Fly alone

### DOWN

1. Id's counterparts
2. Eat
3. Painter of melting clocks
4. Breezy
5. Soil
6. Show emotions
7. Lark
8. In the lead
10. Fuss
14. Booths
17. City
18. Social position
19. Shred (2 wds.)
20. Having wings
23. Fancy car
24. Vile
25. Do it again
27. Regret

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# Lakes on Eldridge North

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## Pick up the Pile

Happy New Year to all! As we embark on 2012's journey, some will think of ways to improve upon themselves. I'd like to offer an idea to those that still think dog poop is fertilizer, let's try picking up after our dogs. In case you were not aware, scientists have established the fact that the dog's gut harbors a particular type of bacteria known as the coli form bacteria. This bacterium includes the dreaded E. coli bacteria and also contains strains of salmonella and giardia. Now, since the rains have finally come, all the piles that have been left behind will be washed into our storm drains and contaminate our water supply. Not only is our water supply affected but perhaps even the air we breathe...I came across this article:

**SCIENCEDAILY (AUG. 18, 2011)**

"Bacteria from fecal material -- in particular, dog fecal material -- may constitute the dominant source of airborne bacteria in Cleveland's and Detroit's wintertime air, says a new University of Colorado Boulder study."

This was the first test conducted, for air borne disease so far, however, scientist presume other cities, with an abundance of the canine kind, will show similar results. Please be kind, don't leave it behind. To those that pick up....THANK YOU

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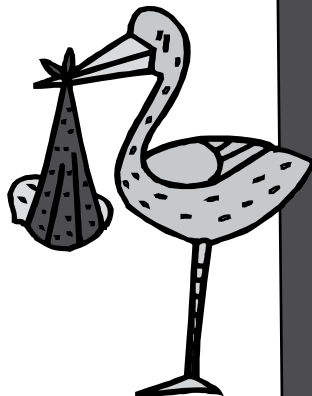
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your little one to  
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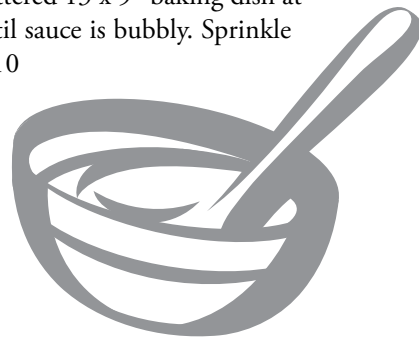


## RECIPE OF THE MONTH

### PARIS POTATOES

- 5 cups potatoes, diced in ½" cubes
- 1 C sour cream
- 2 C creamed cottage cheese
- 1 C green onions & tops, finely chopped
- ½ tsp. garlic salt, optional
- salt & pepper to taste
- 1 C shredded cheddar cheese

Parcook diced potatoes in boiling water until crispy tender. Drain, and combine potatoes with all ingredients except cheese. Baked in buttered 13 x 9" baking dish at 350° for 30 minutes or until sauce is bubbly. Sprinkle with cheese during last 10 minutes of baking time.



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